



1000 YEARS OF SEXUAL WISDOM

By Karinna Kittles-Karsten

Copyright 2009
All rights reserved.

1000 Years of Sexual Wisdom

A Book by

Karinna Kittles-Karsten

Founder and President, Sacred Love, Inc.

Introduction

Sex—it's one of the most fascinating experiences in the world, a subject that has intrigued men and women for thousands of years throughout history. I count myself among those who are captivated by this powerful, intimate act, and I have journeyed the world in search of sexual wisdom. My earliest discoveries of sexuality unfurled during my years as a top fashion model in some of the world's most exciting and exotic locations, including Italy, France, Spain, Germany, Thailand, Hong Kong, Japan, Australia and New York. I reveled in the legendary romance of the European capitals and became enchanted with the mystical cultures of the East. As a young romantic, I tumbled in and out of love many times, always searching for deeper intimacy and more fulfilling sex.

In this quest for more meaningful sexual intimacy, I began to study the sexual arts as practiced by ancient cultures around the world. I drank in the sexual histories and rites of China's Tao of Love and India's Tantra while voraciously consuming the mythical tales of the gods and goddesses of ancient Greece and Rome and the chivalric romantic tradition of Medieval Europe. My curiosity also extended to lesser-known civilizations where the people engaged in eye-opening sexual practices.

To my surprise, I discovered that many of these centuries-old cultures enjoyed a greater sense of sexual freedom than we do today. They viewed sex as a completely natural, nourishing act that should be performed often to improve one's health and vitality. Even more remarkable, when it came to sexual matters, several of these early civilizations boasted more egalitarianism between the sexes than our own modern society. Both women and men were equally free to initiate, engage in and enjoy the physical pleasures

of copulation without double standards or feelings of guilt or shame.

I was completely enthralled and fascinated by these liberated views, but I found one revelation even more compelling. I learned that the sexual beliefs of many of these ancient civilizations shared one defining element—they considered sexuality a sacred experience that was harmoniously linked to the divine, regardless of whether that took the form of a god, a goddess, nature or the universe. In the eyes of the ancients, sex went far beyond a few moments of physical pleasure shared between two people. This intimate experience intricately connected a person to what was divinely meaningful to them and infused a sense of one's place in the grand scheme of life. This, I came to realize, is the true essence of sexual wisdom.

I had no idea at the time, but this introduction to “sacred sex and love” would eventually become my life's work. Now, after 20 years of studying and teaching ancient sexual wisdom, I enjoy sharing amazingly beautiful, mysterious and secret intimate arts from around the world with millions of people through my books, DVDs, media appearances and speaking engagements. One of the most wonderful things about these ancient love arts is that they can benefit all types of people, whether you're straight or gay, an adventurous single person developing your sexual repertoire or a married couple hoping to reignite your passion and enhance your lovemaking. It gives me incredible pleasure to turn people on to new ideas to enhance their most intimate relationship using the traditions and practices of ancient cultures. And that's what I hope to do for you with this book.

In *1,000 Years of Sexual Wisdom*, I will share many of these ancient sexual rituals from around the globe which have been lost throughout the ages. (I must admit that some of

these traditions date further into our ancient past than just 1,000 years.) When you tap back into these timeless customs, you will find renewed relevance and meaning for your sex life. You will also discover that reenacting or adapting age-old sexual rituals or engaging in primeval lovemaking practices with your lover can add a lot of spice and intrigue to your sexual relationship.

No doubt, you will be surprised to discover how exciting and relevant these ancient sexual rites are for today's adventurous lovers. And if you're hoping to take your sexual relationship and capacity for intimacy to the next level, you will uncover the keys for doing so within the pages of this book. With this book, you can begin your own journey of initiation into a millennium (or more) of sexual wisdom.

Your quest for erotic knowledge will begin with the most ancient known texts on intimacy and sexuality, China's Tao of Love and India's Tantra, both of which describe arousing lovemaking rituals and sexual positions that can add variety and a new dimension of intensity to any sexual encounter. Then you'll journey to the Middle East and Egypt where you'll discover passionate and sensual temple rites that can be reinterpreted to deliver divine sexual pleasures.

Next, your sexual voyage will lead you West where you'll be introduced to decadent celebrations used in ancient Greece and Rome that can be adapted for a fun and frolicking good time. Your sexual education wouldn't be complete if you didn't explore the legendary romance and chivalry that defined Europe's Middle Ages and that can reignite your own desire. Your world tour will also take you back in time to experience the nature-based sexual practices of the indigenous tribes of the Americas, which can lead to more sexual magic in your own love life. Finally, you can be inspired by the age-old

customs and modern practices of the world's most sexually liberal region, the Nordic countries.

The enticing sexual histories of these ancient civilizations are meant to inspire you, and the real purpose of this book is to help you make these timeless ideas your own to enhance intimate pleasure, revitalize sexual excitement and bring you closer to your lover than you ever imagined. *1,000 Years of Sexual Wisdom* is above all else a guided sacred initiation that can lead you to a more exciting, connected and satisfying sex life. I hope you enjoy your journey.

Karinna Kittles-Karsten

Table of Contents

Chapter One

Enjoy Sex as Good Medicine with the Tao of Love from China 7

Chapter Two

Delight Your Lover's Divine Senses with the Tantra of India 30

Chapter Three

Harness the Power of Sexual Magic with Egyptian Sex Rituals.....54

Chapter Four

Unveil the Mysteries of Love with the Temple Rites of the Ancient Middle East.....76

Chapter Five

Enchant the Heart with the Romantic Chivalry of Medieval Europe..... 101

Chapter Six

Create Fertile Fantasies Inspired by the Gods and Goddesses of the Mediterranean..... 128

Chapter Seven

Bring Heaven and Earth into Your Bedroom with Shamanic Sex Ceremonies of the Americas 152

Chapter Eight

Go Nordic Natural and Nude177

Conclusion

Having the Best Sex In the World199

Chapter One

Enjoy Sex as Good Medicine with the Tao of Love from China

Intro

The civilization of ancient China that rose up amid misty sacred mountaintops and blossoming peach trees more than 10,000 years ago, possesses one of the world's richest and most intriguing sexual histories. Its classic sexology system originated during the Han Dynasty in 2 BC, a time of great medical discovery and social advances in ancient China. Legend has it that the Yellow Emperor, known as the father of traditional Chinese medicine, learned the secrets of healthy sex, pleasure-filled sex and sexual alchemy in a captivating conversation with three Taoist female immortals. The sexual knowledge he gained from these mystical women became the foundation of the Eastern world's oldest known intimacy practice: the Tao of Love.

The Tao of Love graphically describes an intimate philosophy for love and lovemaking believed to be the keys to health, harmonious relationships and longevity. Ancient China's most famous philosophers, artisans, emperors, empresses and doctors wrote about, quoted and lived by the Tao of Love, incorporating its potent lovemaking rituals into their daily lives.

In ancient China, the Tao of Love was interpreted as a sort of prescription for healthy living and became a legitimate branch of traditional Chinese medicine. In fact, ancient Chinese doctors viewed sex as very good medicine and would routinely prescribe Taoist erotic techniques and rituals to their patients to promote healing and longevity.

Depending on a patient's particular ailments, specific sexual positions and practices would be recommended to restore health and youthful vitality.

Another compelling sexual secret within the Tao of Love is yin yang role play. Yin and yang are polar opposites, like fire and water, that exist within each man and woman. Yin

is the feminine, cool, receptive quality that flows through a sexual partner and attracts a luscious intimate encounter. Yang is the masculine, hot, pursuing, penetrating quality that inspires a dynamic lover and sets a sexual encounter on fire. According to ancient Chinese sexual canons, when yin and yang are dynamically at play during a sexual interlude, it creates harmony, sizzling excitement and orgasmic joy.

While the Tao of Love provided many tantalizing sexual practices to the Chinese people, none was more desirable than the potent sexual elixir that was believed to produce multiple orgasms and even immortality. In Taoist philosophy, immortality was a supernatural state that would allow a person to move at will between earth and heaven. The ancient Taoists, who viewed themselves as alchemists, created this erotic elixir by using a variety of sexual techniques that would transform sexual energy into a refined energy as valuable as gold.

The notion of this powerful sexual elixir permeated ancient Chinese society. It is written that the Yellow Emperor delighted in cultivating his sexual elixir based on what he had learned from the beautiful female immortals and became an immortal himself. One of the most famous alchemists in China, Ko Hung, wrote about a sexual elixir school in his monumental 4th century work, *Pao P'u Tzu*. During the Ming dynasty, numerous texts referred to this intriguing sexual elixir, revealing that many ancient Chinese people were enjoying its sensual benefits.

Although the Tao of Love is thousands of years old, it remains relevant and timely for modern lovers. Take the Tao of Love's prescriptions for sex as good medicine to heighten your libido and increase sexual potency. With yin yang role play, you and your lover can choose to ignite the fire for hot ecstatic sex or sink into each other's arms for

long, luxurious lovemaking any time you want. And like the ancient Taoist alchemists, you can both enjoy creating your own sexual elixir for incredibly pleasure-filled multi-orgasmic encounters.

Sex as Good Medicine

History of Sex

The Tao of Love portrayed sex as good medicine—an erotic act that held great regenerative powers. According to early Chinese medical canons, such as the *Yang-Sheng Fang (Prescriptions for Nurturing Life)*, making love in certain positions and using specific sexual stroking methods could produce healing effects. The belief in the medicinal power of sexual activity was so strong that ancient Chinese doctors routinely prescribed copulation as a remedy for all kinds of conditions and diseases, including sexual problems.

For example, a man might be instructed to have sex with a woman lying on her side but with her hips tilted upward in order to cure premature ejaculation. A tonic for female reproductive organs included making love with the woman on her back with her legs and arms wrapped around her lover's waist while she circulated her body in both clockwise and counterclockwise directions.

The Taoists also believed that engaging in hot sexual activity could actually rejuvenate the body, creating a more youthful and vibrant appearance. In essence, the more times a person made love, the younger they would look and feel, and the longer they would live. Sounds good, doesn't it?

You can give your own sex life a healthy boost with a modern adaptation of sex as good medicine. Borrowing from the practices of the Tao of Love, you and your lover can experiment with new and exciting sexual positions and steamy sexual techniques that are guaranteed to enhance male potency and to stimulate the female libido.

“Those who practice (sexual union with only up to two ejaculations a month) live for 200 years, maintain their youthful color, and are without illness.”

Sun Ssu-miao, Priceless Prescriptions

Sex as Good Medicine—Make It Your Own

Fortunately, you don’t need a prescription from an ancient Chinese doctor to engage in sex as good medicine. You and your lover can inject healthy lovemaking into your daily lives by trying some of the healing sexual positions and stimulating techniques described in the Tao of Love. Get your erotic evening off to a healthful start with a sexy tonic made from arousing Chinese herbs. Considering that these herbs are designed to intensify desire and strengthen virility, you can be sure that a dose of this “medicine” will make you and your lover feel more sexually alive than ever.

Stock Up On Sexy Chinese Herbs

A number of erotic Chinese herbs have been used for thousands of years to enhance sexual potency and ignite the sex drive. These herbs are considered by some to be an ancient, natural answer to that little blue pill, Viagra. Chinese herbs that are known for increasing libido include horny goat weed, ginseng and ginkgo biloba. Horny goat weed increases levels of nitric oxide, an element that’s essential for achieving an erection. Ginseng pumps up your stamina, which can help keep you both going strong for those marathon sexcapades, and improves blood flow to the genitals, which is also necessary for full arousal in men. Ginkgo biloba is yet another Chinese herb that improves blood flow to the sex organs for stronger erections.

You can find these common Chinese herbs in many retail locations or online stores where vitamins and supplements are sold. For more information on the mysteries of these sexual aids, visit a Chinese herbalist who can give you a prescription for potent herbs that can lead to a boost in your sexual arousal and more abundant sexual ecstasy. Be aware, however, that if you have certain medical conditions, it may not be safe to take some Chinese herbs. Consult with your doctor to see if Chinese herbs are right for you. If not, you can still take pleasure in sex as good medicine, just leave out the herbs and focus on the sex.

Prepare Your Sex Tonic

Using your erotic enhancing Chinese herbs, concoct a sex tonic that you and your lover can sip seductively before making love. Your stimulating potion doesn't have to taste like medicine to improve your sex life. Blend and swirl these arousing herbs into a delicious Chinese tea that's known for its healing powers, such as green tea or white tea. For a more exotic flavor, try an aromatic tea, such as jasmine, Moroccan mint or ginger. To prepare your arousing brew, pour hot—not boiling—water into a teapot and steep the tea for three to four minutes. Add your libido-enhancing herbs and serve in teacups or mugs.

Create Your Sex Tonic Ceremony

Since the ancient Chinese were famed throughout the world for their elaborate tea ceremonies, you may want to create your own sex tonic ceremony. Slip into sumptuous silk robes, light candles and sit across from each other on luscious-colored pillows for this intimate occasion. Creating a sensuous ceremonial atmosphere for drinking your sexy

tonic can help you get into the mood for erotic ancient Taoist-style sex. Whisper enticing and loving words to each other as you prepare your delicious sexual stimulant. Go bare under your robe, tying it loosely so your lover can catch glimpses of your beautiful nude body beneath.

Savor Your Stimulating Sex Tonic

When your sex tonic is ready, let it cool slightly. Looking into each other's eyes, bow to each other and then take your first sip simultaneously. Savor the sexual refresher slowly. Breathe in the steam from the liquid, letting it warm and moisten your lips and nose. Open up your robe and hold the warm teacup near your erogenous zones so you can feel the sacred mist licking your luscious skin. Sip slowly, relishing the heat of the tonic in your mouth. You may even want to take a sip, hold it in your mouth for a moment and then kiss your lover to share a sensually warm kiss. When you're down to the last drop of your tonic, pour it into your lover's open mouth, and then lick their lips deliciously.

Experiment with Taoist Sexual Healing Positions

As the Chinese herbs take their effect, you will probably be filled with desire for each other. When you're both sufficiently aroused, try some of the healing sexual positions and steamy techniques from the Tao of Love, such as this libido booster and orgasmic wonder position that can improve male sexual issues, such as impotence and premature ejaculation. Women, lie on your side and twist your hips so your pelvis is facing upward and your knees are spread apart. Men, straddle her on your hands and knees and enter only the head of your penis into her vagina.

While your penis is inside her, use the secret Taoist stroking method of shallow and deep strokes called “Sets of Nine.” For the first set of nine strokes, use only shallow strokes. Then penetrate the vagina deeply one time. Next, penetrate with two blissfully deep strokes followed by eight teasingly shallow strokes. For the following set of nine, do three deep strokes and then seven shallow ones. Keep adding deep penetrations and subtracting shallow strokes until you get to nine deep thrusts and one shallow. Counting your strokes and alternating between shallow and deep strokes can help you delay ejaculation, while the changes in depth of penetration can add to her pleasure. According to Taoist beliefs, this hot stroking method also channels health to the organs of the body, creating a wildly “organ-ic” orgasm.

With your increased stamina thanks to your sex tonic, you can extend your lovemaking session by changing positions. The following Taoist sexual toning position not only provides for long-lasting intercourse but also improves blood circulation for her, which can aid in healing headaches (a common excuse for not having sex) and preventing menstrual cramps.

To perform this sexy move, men, roll over onto your back while she lies on one side of you with her leg thrown over your waist and her vagina above your penis. Women, support yourself on one elbow with your hand under his head. Take his penis in your other hand and guide it in to penetrate your vagina halfway. Maintain a hold on his penis as you rotate your pelvis so that his shaft comes in contact with your clitoris. Women, circulate your pelvis slowly in a clockwise and then counterclockwise direction. Each circulation massages and stimulates the vagina and clitoris, sending waves of energy and pleasure into the circulatory system.

While rotating in this way, you will both feel irresistible stimulation, which can bring you to ecstatic heights. After she has been satisfied, men, return to the Taoist secret nine-set stroking method for a rejuvenating and blissful sexual encounter for you both.

Yin Yang Role Play

History of Sex

Some of the most arousing sexual techniques described in the Tao of Love teachings involve yin yang role play. According to the ancient Chinese, the yin is associated with water, coolness, softness, receptiveness, darkness and relaxation. By contrast, yang attributes include heat, assertiveness, hardness, expansion, light and fire. In a sexual encounter, the ancient Taoists called upon the yang to supply the heat for passionate lovemaking and turned to the yin to cool their fevered pace in favor of a more unhurried, relaxed and sumptuous lovemaking session. According to the ancient Chinese texts, such as *The Classic of the Elemental Maid*, when yin and yang act harmoniously and dynamically, it leads to exquisite sexual pleasure.

Like the ancient Taoists did thousands of years ago, you and your lover can use the powers of yin and yang role play to add a fun, new dimension to your sex life. Like fire and ice, you can heat up your sexual chemistry to ignite your lover's desire or cool your lover with a soothing seduction so you can both savor foreplay and lovemaking.

Yin Yang Role Play—Make It Your Own

You and your lover can use role play to call upon the captivating powers of both the yin and the yang to create tantalizing sexual encounters. When you include the coolly sensual elements and attributes of the yin along with the hot arousing elements and attributes of the yang during foreplay, you build sexual tension and intensify your pleasure. And by taking turns assuming the yin and the yang roles as you make love, you will experience your lovemaking from a whole new perspective. Even if you've been with the same lover

for twenty years, sex that may have seemed familiar and routine in the past will feel fresh, thrilling and new.

Erotic Yin Yang Play Elements

Tease the senses and increase stimulation with yin and yang elements during foreplay.

Cooling yin-related items you may want to use for this passionate prelude to sex include ice cubes and cool creams. Fiery yang-related items that will heat up your lover include cinnamon mints and hot natural candle wax. Turn down the lights and start burning some natural emollient candles that give off a sexy and romantic fragrance. Burn the candles in the bedroom to help create a sensual scene, and so you'll have candle wax (appropriate for massage) nearby to drizzle on your lover. Bring the other fiery and cooling elements into the bedroom so they'll be within reach, too.

Fire and Ice Foreplay

For this sensual and arousing yin yang lead-in to sex, shed any clothing and approach your lover in the nude. Whoever makes the first move in foreplay has taken on the yang role. Whoever is inviting and receiving their lover's affections is in the yin role. Have fun taking turns.

Men, if this first move is yours, take an ice cube and run it across your lips and into your mouth and suck on it for a moment, letting it cool your tongue. Pull your lover toward you for an icy mouth-to-mouth kiss and then open her mouth and hold the ice as you drip it onto her tongue. Take it back into your mouth and pass the ice cube into hers.

Exchange the ice cube back and forth with passionate kisses until it melts. With your cool

lips and frosty tongue, plant tender kisses on her cheeks, forehead and eyelids.

Now, replace the cooling yin with the hot yang. Women, take a cinnamon-flavored mint in your mouth and invite your lover in for a spicy kiss. The zesty treat will feel like a tingling explosion on your cold lips and tongue. Like you did with the ice cube, heat up your tongue with the cinnamon mint and pass the hot treat to your lover's tongue. Let your tongues spar and delight in the warm, electrifying sensations.

Go back to the yin by taking an ice cube in your hand. Have your lover lie face down on the bed so you can gently caress the ice cube in a swirling motion down his spine to the small of his back and to his buttocks. Let the ice cube drip its cooling moisture into every crevice to send luscious chills up and down his spine. As the ice cube melts on his back, blend in some cool body cream. Rub it onto his shoulders, back muscles and buttocks, sending soothing shivers and arousing chills over every inch of his body.

Men, now it is your turn to combine the magic of yin and yang together. Take another ice cube and hold it between your teeth as you slide it down her neck to her breasts. Circle it around her sensitive nipples and watch them become aroused from the chill. Keep trailing the ice cube down her body to her legs, letting it drip its alluring coolness on her thighs and calves. Then blow out one of the lit natural emollient candles and allow it to cool slightly. Let tiny drops of warm wax fall onto her and sensually massage it into her divine body. The exquisite sensation of both the icy and fiery elements on her skin will intensify her desire and drive her wild. Now, let her do the same for you, alternating between the ice cube and the warm candle wax on your body.

Women, utilize the yang action of surprise by drizzling and massaging the candle wax around his inner thighs and torso. Then pop another mint before you take his penis in

your mouth, seductively sucking his member and circling your tongue around the head. Your hot and spicy tongue can glide up and down his shaft in sizzling, fiery licks igniting his libido. Simultaneously use your hands to spread the warm wax all over his body making him hot for you.

Men, keep the play going by using the yin cooling act of serving your lover and take a small piece of ice in between your teeth and mouth for a few moments and find your way down to her genitals. Remove the ice from your mouth and spread her labia with your fingers. Ever-so-gently run your icy tongue around the rim of her vagina. This chilly touch may be too extreme for some women so pay attention to her response. Do this a few times, letting your frosty tongue cool the heat of her vagina. The icy feeling mixed with her hot desire for you will have her shivering with pleasure. Once more, take the ice into your mouth and let it get very cold. Remove it and move your icy tongue up to her clitoris to increase her stimulation. Again, be attentive to her responses in case this cold temperature is too much for her. When she is close to orgasm, pull away teasingly.

Expressing Your Yin and Yang in Bed

After your fiery and icy foreplay, you will be aching to take your yin yang role play to the next level. In lovemaking, whoever is on the bottom is in the yin position, and whoever is on top is in the yang position. To make the most of your role-playing experience, alternate between taking the yin role and the yang role as you make love. You may find that taking the role that is the opposite of your natural lovemaking style will be most exciting for you. Even when you assume the role that is more naturally suited to you, you can infuse it with thrilling newness by adding a twist to a position that

you normally use.

Women, after you've stimulated his penis with your hot tongue, you will want to wipe off the cinnamon with a cool cloth. Then move your body up to straddle him on your hands and knees and lower yourself onto his penis. Your vagina may still feel cold from his icy cunnilingus, but it will quickly heat up as your passion ignites.

If you normally face your lover while on top, turn yourself around so your back is facing him while you ride his penis. This Taoist sex position is called Bunny Licking Its Fur.

This playful position lets him grab onto your luscious buttocks and offers him a sexy new view of your gorgeous body while letting you experience new sensations. Place your feet on the bed and bring your knees up toward your chest and teasingly hop up and down gently. You will need some strength in your thigh muscles for this sexy move, but it will be worth it. At first, hop lightly so the penetration is very shallow, making him yearn for more. Then hop a little higher, allowing the penetration to deepen. Your sassy yet controlled erotic movements and the different angle on his penis will leave him begging for more.

Men, take the yang role now and position her so you can take her from behind. If she is normally on all fours for rear-entry sex, have her bring her knees to the edge of the bed and lean over so her hands touch the floor, leaving her inviting buttocks high in the air.

This is a highly erotic Taoist sex position called Stepping Tigers. This exotic position will allow you to control penetration and is perfect for deep thrusting. You can hold onto her buttocks with one hand as you rub your other hand up her back. She can reach one hand between her legs and massage your testicles or her clitoris. In keeping with the idea of trying new things, women, use your non-dominant hand to touch your lover or

yourself. It will feel new and exciting like a stranger's touch. After she has reached blissful ecstasy, continue your deep penetration for a hot release.

A Couple's Yin Yang Sex Date Story

As Randy and Nina's romance was heating up, Randy planned a special overnight date at a beautiful hotel for Nina. Getting away from their busy lives was a perfect way for the couple to generate sexual excitement. But Nina wanted to add her own special touch to this romantic adventure to drive Randy wild. Inspired by yin yang role play, Nina made a call to room service before they arrived and asked them to run a steaming hot bath for them. She also asked room service to deliver a few special ingredients, including a bucket of ice, a bottle of champagne, shaving cream and a razor.

Arriving just minutes after her secret delivery, Randy and Nina walked into the room, and Nina slowly undressed him and then herself. She led him into the bathroom, which was all set up for this yin yang foreplay and invited him into the steamy tub. He relaxed into the tub willingly, closing his eyes and letting his daily concerns melt away. At that moment Nina put a cold wet cloth over his face, then massaged it into his skin. She removed the cloth and placed another warmer one over his closed eyes. Then she got into the tub and straddled Randy. She reached for the bowl of cool shaving cream, and began to rub it gently on his face. As the cool lather spread over his cheeks and neck, Randy started to purr with pleasure. She then took the razor and dipped it into the cold ice and shaved his face.

Feeling the cold sensations on his face mixed with the hot water against his body, Randy became intensely aroused. By the time Nina started shaving his neck, he couldn't hold

back any longer. Randy took the bucket of ice and poured it into the bath. With the dueling sensations of the ice and the hot water tantalizing their skin, Randy entered her right there in the bath for some passionate lovemaking. They topped off their orgasmic yin yang experience with champagne, drinking some of it and pouring some of the cool bubbly on each other's bodies to add to the excitement.

The Sexual Elixir and Multiple Orgasms

History of Sex

At the heart of 2nd century BC Taoist sexology was the belief that the ancient sex masters were alchemists who could transform erotic energy into a potent sexual elixir that promised multiple orgasms and even immortality. To create their arousing alchemy, the Taoists used a number of sexual techniques, including stimulating pelvic breathing exercises and a sexy move called the “power lock” that channels sexual energy up the spine and throughout the body.

The power lock involved tightening specific muscles to activate the sacral pump located at the bottom of the spine and the cranial pump situated at the top of the spine. According to Taoist sexology, the sacral pump acted as a lever to rapidly move sexual energy from the genitals up the spine. The cranial pump also acted as a lever, amplifying carnal pleasure by moving the sexual energy over the crown of the head and down the front of the body to create an all-over ecstatic experience.

When ancient Chinese love masters used these sacred techniques, the women—and even the men, too—often could achieve two, three or even more orgasms. Although the Taoists recognized that prolonged ecstatic pleasure came more easily to women, they believed that men could learn to ride the waves of orgasm without ejaculation, giving them the ability to experience multi-orgasmic sex. Achieving multiple orgasms was a feat they believed took the sexual experience beyond physical lovemaking and into a sacred, realm.

By using the same sexual secrets as the ancient Taoists, you and your lover can learn to create your own incredible sexual elixir that will lead to ecstatic multiple orgasms for you both. Women, you can experience prolonged whole-body ecstasy that goes beyond the transient pleasure you feel in your erogenous zones. Men, you can learn how to withhold

and redirect ejaculation when you orgasm, allowing you to multiply the number of orgasms you can achieve and extend lovemaking bliss.

The Sexual Elixir and Multiple Orgasms—Make It Your Own

To become a sexual alchemist like the ancient Taoists, create your own “sexual laboratory.” You don’t need any chemistry beakers or lab coats for your sexy lab—unless you like the idea of adding a little role play to this ancient Chinese sex ritual. All you need is a willingness to experiment with some arousing erotic techniques that are guaranteed to result in a crescendo of prolonged ecstasy for you both.

Spark Your Sexual Chemistry with the Sexual Elixir

No doubt, you and your lover have sexual chemistry, that magnetic attraction that draws two people together. No matter how many years you have been together, you can spark that sexual chemistry with long and luxurious foreplay, something Taoist teachings emphasize in the lovemaking process. During this foreplay, slowly and sensually arouse what the Taoists call the sexual palace, the pelvic area encompassing the internal sex organs and the genitalia.

When you’re both fully nude, lie on your side on the bed or floor facing each other.

Begin creating your sexual elixir with a steamy technique called the Breath of Pleasure.

This secret sexual practice enhances foreplay, increasing desire and elevating sexual energy inside your sexual palace to prepare you for multi-orgasmic sex.

Look into your lover’s eyes as you inhale deeply and close the opening to your vagina by contracting your pelvic muscles—the same muscles you would use if you were stopping

yourself from urinating. Hold this contraction for several seconds. When you contract, you'll notice a titillating sense of arousal flowing from your genitals up into your pelvis. Men, take a deep breath and contract these same muscles to close the tip of the penis while drawing up the testicles. Then exhale and relax the contraction. Do not use this practice if you have a urinary tract infection or if a woman is on her period.

Synchronize your breathing so you're both inhaling and contracting at the same time and exhaling and relaxing in unison. Do this for five to seven minutes. You will know when the elixir has been generated when you both begin to feel a pleasurable rippling and tingling sensation in your genitals traveling up through the pelvis expanding your arousal, pleasure and desire for each other.

Make Love with Your Sexual Elixir

Women, while still lying on your side, bring your knee up and rest it on his waist so he can enter you to reach the next stage of your sexy experiment. With his erect penis inside you, continue to expand the sexual elixir together. Men, penetrate gradually and rhythmically. In unison, inhale and contract your genitals, holding the contraction for several seconds. When you contract, you'll both notice a titillating sense of tightening around his shaft, which adds to the friction and increases the pleasure for you both. Keep breathing while tightening and releasing your pelvic muscles in harmony with your lover for six deep breaths. Feel your sexual elixir sensations becoming more vibrant and intense, and notice how they merge with your lover's.

Sexual Elixir Circulation

Now it's time to circulate your sexual elixir to electrify and enliven your body. Women,

roll over to your other side so you are in a spoon position with your knees bent and buttocks angled against his pelvis. Penetration is limited in this position, which can give him more staying power. It also leaves one of his hands free to caress your breasts and body or to stimulate your clitoris.

In this position, harmonize your breathing again while squeezing and releasing your pelvic muscles. To strengthen your arousal and intensify your pleasure, the movements of your lovemaking should match your breathing. As you breathe in, imagine drawing the elixir up your body along your spine towards the crown of your head. When you exhale, let the sexual elixir flow like honey down from the crown of your head along the front of your body. You will feel incredible sexual pleasure flowing around your body. It can feel so amazing, you may think you have just hit the sexual wheel of fortune.

Master the Power Lock to Ride the Waves of Multiple Orgasms

The final ingredient in your alchemical compound is the power lock, which can pave the way to multiple whole-body orgasms for you both. As you move into a very hot lovemaking stage from circulating the sexual elixir, use the power lock. The power lock involves activating a combination of muscles that will stimulate the sacral pump located at the bottom of the spine and the cranial pump situated at the top of the spine.

Here's how you perform this incredibly erotic move. When you are almost ready to reach orgasm, activate the sacral pump by curling your toes under, turning your tailbone under, closing your fists and tightening your buttocks and thighs. Simultaneously activate the cranial pump by tucking your chin in toward your neck and swallowing to draw the sexual elixir upwards toward the crown of your head. Hold your breath until you feel the

orgasm traveling away from your genitals up to your brain, then exhale and relax letting the orgasmic energy flow over your head and down your torso.

When you activate the power lock, you will instantly send the sexual elixir upwards at a rapid rate and will feel an electrical current of pleasure rising up the spine before a wave of orgasm rushes over your entire body. With this technique, the orgasm expands within the body and mind rather than outwards into male ejaculation or female exhaustion.

Because of this, as you make love, you can repeat the sequence over and over for multiple orgasms.

As you learn to use the power lock, focus first on your own elixir moving up and around your body. Then as you grow even hotter and more at ease with the move, feel you and your lover's elixirs merging and moving as one alchemical compound around both of your bodies. As you make love using the power lock, you can both experience wave after wave of blissful orgasmic ecstasy and will feel yourself entering a sacred dimension. You should realize that it may take some practice to master the power lock, but even if you don't manage to unlock its secrets right away, you can still have a lot of fun as you are learning how.

Quickie Elixir Story

Alex wanted to experience sexual intercourse quickly without the need for long, drawn-out foreplay each time. It was taking Leslie longer to become aroused, and this sometimes put a dent in his desire. Fingering or oral play would eventually do the trick, but they were eager to find something else that might work to speed up her arousal. I suggested creating the sexual elixir, which provides circulation through the entire pelvic

region and increases desire. By creating the sexual elixir during foreplay, it would accelerate her arousal and enhance the intensity of her yearning.

I suggested that Leslie try it before getting to the bedroom—while cooking dinner, doing errands or driving home from work—to get her sexual engine started. Through our talk, Leslie revealed that Alex not only wanted a quickie, but he also wanted to have a stronger erection throughout. I told them the sexual elixir could help with that issue, too.

That week, Alex and Leslie took some time during their day to create their sexual elixir. It was their own little secret arousal practice that they could do anywhere, anytime. And since they could do it fully clothed without touching themselves, no one would ever know except perhaps for the big smiles on their faces. They reported back to let me know that Leslie had suggested a quickie in the backseat of the car one afternoon after dropping off their kids at soccer. They both felt spontaneous and free, and Alex reported having a firm handle on things.

Chapter Two

Delight Your Lover's Divine Senses with the Tantra of India

Intro

India, an exquisitely colorful, sensual and mystical land where the holy Ganges river flows from the highest snow-capped peaks in the world—the Himalayas—is considered by many to be the birthplace of carnal knowledge. More than 1,000 years ago, this intriguing and spiritual “Shangri-La” spawned Tantra, the most well known of all the ancient sacred sexual practices. A Sanskrit word that means “to weave” or “to expand,” Tantra and its rituals for sexual intimacy were primarily intended to provide Hindus with a pathway to spiritual enlightenment—a blessed state free of suffering and attachment. Originating before 800 AD, Tantra honored two principle deities: Shakti, a female goddess, and Shiva, a male god. According to Tantric philosophy, these deities resided within each and every human as divine energy that flows through the body, much like the way blood courses through the veins. This energy is concentrated in “chakras” located at the base of the spine, the genitals, the abdomen, the solar plexus, the heart, the throat, the “third eye” in between the eyebrows and the crown of the head.

Tantric followers believed that by practicing certain intimate sexual techniques and assuming specific love postures—what we would call sexual positions—they could channel that divine energy throughout the body to reach enlightenment and enjoy transcendent ecstasy, which is a feeling of pleasure so great it exists outside the limits of time and space.

Many Tantric erotic techniques involved meditation and chanting as a way to get in touch with the deity within oneself and to honor the divine in one’s lover. When meditation was combined with specific love postures, it was believed to extend, intensify and enhance lovemaking. Many of the Tantric love postures were first described in the *Kama Sutra*,

the most famous sex book of all time. Attributed to the Indian philosopher Vatsyayana, who lived during what is referred to as the Golden Age of India from around 320 to 550 AD, this seminal love manual includes graphic descriptions of sixty-four sexual practices. Among the enticing Tantric sexual techniques was the practice of weaving the sensory, or drawing on what two lovers could hear, see, smell, feel and taste while making love. By paying attention to awakening each of the five senses, a couple could bring themselves more fully into the present moment, creating a more pleasurable dimension in their lovemaking.

Taking the sensory awareness a step further, couples practicing Tantric sex could also activate and enjoy the intense sensations of their raw yet potent sexual energy, which was called kundalini, flowing through the chakras. By channeling kundalini energy through the body during lovemaking, a couple could achieve heightened pleasure and clarity. They could also experience a feeling of joyous union with each other and, at times, a sense of complete oneness with the universe.

Another intoxicating Tantric pathway to glorious sex included prayerful sexual positions that required focusing on both the exciting external sexual stimuli and the heavenly internal subtle sensations while making love. During this powerful sexual intercourse, the woman would praise the role of the lingam, the Tantric name for the erect male penis. The man would praise the role of the yoni, the Tantric term given to the aroused female sex organ. By skillfully executing these love postures, two lovers could generate the most physical pleasure and the deepest intimate connection possible. Couples who engaged in these prayerful sexual positions with their whole hearts and minds performed a form of erotic and sublime worship with each other.

Eroticism is firstly a search for pleasure, ...a perception of the divine state, which is infinite delight."

Alain Danielou, *The Complete Kama Sutra*

Honoring the Divine in Your Lover

History of Sex

In Tantric philosophy, men and women honored the god Shiva and the goddess Shakti, two deities who were believed to live within all humans. When men and women recognized and honored the divine god and goddess within themselves and within their partner, each became a more radiant, passionate, powerful and expressive lover.

This was accomplished by coupling erotic Tantra with spiritual practices, such as meditation and chanting, which have been practiced for thousands of years and are recognized as some of the most common components of nearly all Eastern religions. Meditation is a practice of calming the mind that can increase harmony and improve relationships. Chanting involves singing mystical Sanskrit syllables as a way to awaken vital energy and connect with the divine.

Meditating during a Tantric encounter made it easy to sink into a deep state of appreciation for a lover. Similarly, chanting attuned a couple's chakras and inspired them to share more of themselves during sex. Both meditation and chanting greatly increased a couple's desire for intimate connection and allowed them to extend their lovemaking, sustaining intercourse for an hour or more to the delight of both lovers. When these sacred rituals were blended with erotic Tantra, it offered lovers a pathway to supreme physical joy and divine union.

You, too, can honor the divine in your lover by combining elements of meditation and chanting with Tantric sexual positions. By exploring these ancient practices, you can turn a typical quickie into a long, luxurious interlude that brings you closer to your lover and provides you both with more vibrant and meaningful sex.

Honoring the Divine in Your Lover—Make It Your Own

In today's fast-paced world, couples often hurry through sexual encounters on a singular quest for the Big O. With Tantric love, however, you're encouraged to slow down and trade goal-oriented sex for something more meaningful and ultimately, more pleasurable. You can follow these teachings of Tantra by honoring the divine in your lover, a practice that involves showing deep appreciation for your beloved, introducing basic elements of meditation and chanting to your foreplay and lovemaking and experimenting with Tantric sex postures. Surprisingly, you may find that when you stop focusing on attaining an orgasm, it actually results in more blissful ecstasy.

Show Your Appreciation

Honoring the divine in your lover by showing how much you appreciate them is always a good idea. When you are first dating a new lover, it's easy to shower them with compliments. Appreciation comes naturally at this stage of a relationship, and it's a beautiful thing. But as a relationship grows and deepens, there's a tendency for the adoring words to fade and not surprisingly, when this happens, your sexual chemistry might fade too. In this Tantric exercise, try to see beyond your lover's faults to recapture the wonder that first inspired you to connect with that person and turn on your sexual

desire for each other anew.

In the nude, sit across from each other on the bed or the floor and admire each other. You may want to acknowledge your lover as a love goddess or love god. Honor the physical attributes you find appealing about your lover and don't forget to recognize their inner beauty, too. Showing your appreciation is as simple as looking into each other's eyes, opening your heart and saying a few nice things to each other. You can make it as serious or as lighthearted as you want with remarks, such as:

- “You're even more beautiful to me now than the day we met.”
- Your smile melts my heart.”
- “Your passion drives me wild.”
- “I love it when you make me laugh.”

By focusing on your lover's positive attributes, you'll set the tone for the intimate journey upon which you're about to embark. This is also a good time for you to honor the love god or goddess within yourself, too. Women especially tend to focus on the things we don't like about ourselves. But this practice gives you a chance to shift your attention to your best qualities to boost your confidence. And when you're feeling good about yourself, you'll feel freer to have more fun with this Tantric sexual adventure.

Add an Erotic Full-Body Chant to Honor Your Lover

If you want to have some fun honoring the divine in your lover, add ancient Tantric chanting to your foreplay. Lean over to your lover and press your mouth against his or hers as you chant the sound “om” (pronounced “aum”). This Sanskrit sound is believed to create the same frequency as the universe. For you and your lover, chanting this sound as

your kiss will create a titillating vibration in your mouths and open your mind to new foreplay possibilities.

Let your humming kiss travel over your lover's chakras, starting at the middle of the forehead. Chanting to your lover's chakras will tease that area of their body to open up. Have your lover lie on their back as you move in for an arousing full-body chant. Chant the sound "om" again directly and softly on the point between their eyebrows. Give a humming kiss to what Tantrika's call the third eye chakra. Move your kisses to the throat chakra at the base of the throat to chant the sound "ham" (pronounced "haum"). Your lover will laugh from this ticklish delight.

Now, ease your attention to the heart chakra at the center point between and just above the nipples to chant the sound "yam" (pronounced "yaum"). Yam will make your lover feel very yummy. Seductively graze your lips over the skin until you reach the navel chakra and chant the sound "ram" (pronounced "raum") right into your lover's belly button. You will really rev your lover's engine with this "ram" kiss.

Take your prize by drifting down to the sex (sacral) chakra and lavishing your sexy humming kisses all over your lover's genitals chanting the sound "vam" (pronounced "vaum"). Va-va-va-vam will awaken a sex tiger, so watch out. While you are there, move your tongue ever so slightly down to touch the root chakra at the spot in between the genitals and the anus. This area called the perineum is rich in nerve endings and is one of the most sensitive and electrifying spots on the body, particularly for men. With your mouth halfway open, chant a hot sounding "lam" (pronounced "laum") into this area to make your lover move and moan in ecstatic pleasure.

Then, if desired, have them roll over on to their stomach so you can continue humming

your way up their chakras, from the base of their spine all the way up to the crown of the head. This potent full-contact chanting can awaken and open the chakras and fill your lover with intense desire.

Take turns honoring and pleasing each other with this unique adaptation of Tantric chanting. You may want to trail your chanting kiss back down your lover's body to the genitals for extended oral sex. Men, keep humming as you cover her clitoris with your mouth to produce teasing vibrations that will excite and arouse her. Then let her take your penis in her mouth while she continues her sacred chanting, and you'll discover why many men prefer a "hummer" to ordinary fellatio.

Honor the Divine Turning Position from the Kama Sutra

By now, you'll probably be so turned on that you'll want to honor the divine in your lover by experimenting with a heavenly Tantric love posture. Here's an exciting sexual position from the Kama Sutra that is so exotic and delicious you may want to stay in it for a very, very long time.

Called the Turning Position, it is performed with the man sitting on the floor or bed with one arm behind him for support. She lies on her side in front of him between his legs with her top leg up in the air so he can hold her ankle with his free hand. Her bottom leg is bent so her foot is pressed against his knee. This wild love posture adds visual stimulation for him and allows her to intensify or ease penetration to prolong the encounter. If she wants to make him last longer, she simply presses her foot against his knee to pull her pelvis slightly away from his thrusting.

If this love posture is too acrobatic for you, improvise. Using the Turning Position as

inspiration, you can modify it in many ways. For example, she can lie with her back propped up on pillows in front of him with her legs on either side of him, and he can either be sitting or kneeling as he enters her. Or, she can lie on her back and bring both legs up against his chest so her feet are at his neck as he penetrates her from a sitting or kneeling position.

Whichever position you choose, remember to stay focused on honoring your lover rather than rushing to reach orgasm. Talk to your lover as you make love, letting them know how much they turn you on and what you find most sexy about them. You can also continue humming or chanting to create a more exotic ambience. The good vibrations from the chanting combined with this stimulating Tantric position will lead you across the threshold into a new world of divine pleasure.

Their Honoring the Divine Story

Tom was on thin ice with Rebecca. She had basically told him she was fed up with his criticism. Tom had a knack of criticizing Rebecca for small things, like where she hung her wet towel in the bathroom or what kind of music she liked to listen to, and that added up to big fights that shut down their sex life. Tom was taken by the Honoring the Divine in Your Lover ritual and felt it could help him get things back on track in their relationship. He decided to carry out this special intimate encounter at one of Rebecca's favorite secluded spots in nature.

Upon arrival, Tom rolled out a blanket and asked Rebecca to sit as he took both of her hands in his. He said, "I have brought you here to this special place not to just enjoy nature but to honor your divine nature." Rebecca, stunned, began to blush. Tom

continued, “You are beautiful beyond words. You are a joyful free spirit who brings me so much laughter and happiness. You are my sex goddess, and you turn me on like no one else could.” Tom kept going on and on. The more Tom communicated his appreciation for her, the more the defenses around Rebecca’s heart melted. Moved deeply by Tom’s ritual of honoring her, Rebecca finally whispered to him, “Stop talking,” and gave him a passionate kiss that led to an afternoon of great sex, during which, she communicated all of her divine appreciation in return.

Weaving the Sensory

History of Sex

According to Tantra, lovers were encouraged to use all five of their senses to arouse their desire and elevate their lovemaking to an exquisite ritual. The most enticing sensation, however, derived from channeling their sexual energy, known as kundalini, through the chakras. Kundalini is a Sanskrit word that means “snake”, and this energy source was believed to lie coiled at the base of the spine like a serpent waiting to strike. Some Tantrikas, however, believed that kundalini represented the goddess Shakti.

According to Tantric texts, two lovers had to be in good health and had to have harmonious intentions in order to activate kundalini safely. If they met these conditions, couples could channel the kundalini during lovemaking by envisioning their potent sexual energy rising up within their bodies and traveling from chakra to chakra—from the base of the spine to the genitals and then on to the abdomen, the solar plexus, the heart, the throat, the third eye and finally, the crown of the head.

As the kundalini rose through the chakras, sexual pleasure intensified, and the lovers experienced a heightened clarity of the relationship between themselves and the divine. They might also feel a vast array of sensations, including a pleasurable warmth, electrifying tingles, subtle vibrations, peaceful inner sounds like a waterfall or flute, and transcendent peace and joy. By tapping into their kundalini energy and their bodily senses, Tantric lovers ultimately enhanced sexual intercourse and achieved idyllic physical and spiritual ecstasy.

Tantric lovers typically practiced channeling their kundalini energy while engaging in specific sexual positions. Many of the sexual positions they used were detailed in the *Chandamamosana Tantra*, an important metaphysical work from the 9th century that

detailed thirteen sex postures. The ancients believed that these erotic positions helped generate the kundalini for the ultimate sexual union.

Like Tantric lovers, you can enrich your lovemaking by weaving the sensory into your own sex acts. Staying fully attuned to your five senses as you make love, you can awaken your body to delightful sensations that will increase your desire and expand your pleasure. Adding kundalini into this sensory experience can introduce your lovemaking to a whole new terrain of sexual exploration that will lead to sublime orgasms.

Weaving the Sensory—Make It Your Own

Weave the sensory into your Tantric lovemaking adventure by creating a sexy scenario that heightens your and your lover's five senses—sight, hearing, smell, touch and taste. By immersing yourselves in sensory exploration, you will experience a world of wondrous nuances that you may have never noticed or felt before. Remember one of the basic rules of Tantric love when arousing your lover's senses: take your time. Think of your Tantric sensory experience as a slow burn in which you bring your lover's body to a simmer rather than a fast boil. With this approach, your erotic encounter will provide you and your lover with deeper intimacy and extended pleasure.

Awaken Your Lover's Senses

In this Tantric-inspired scenario, you will ignite and delight all of your lover's senses in preparation for your kundalini journey. Since humans typically rely on sight as our most important sense of all, you may want to find ways to heighten the other four senses. One simple way to do so is to turn down the lights completely so you're in total darkness

except for a candle or two flickering in the distance. Then begin to shower your lover with an array of sensations that will delight their body and ignite their desire.

Start by having your nude lover lie against big luscious pillows in velvet, satin or soft cotton. Perhaps place two pillows under their head, one under each arm, one under the torso, one under the hips and a couple more under the legs. This positioning will automatically allow your lover to sink into a relaxed and receptive state for this sensual play. If there is a chill in the air, drape them with a sheet. Then begin to weave your seductive magic by activating their senses one by one.

First, begin to entice their sense of hearing with some sexy sounds. For instance, you can provocatively tap and beat on a drum to create an arousing rhythmic sensation in your lover. If you are a musician, play your own favorite instrument, such as the piano or a guitar to woo your lover and increase their desire for you.

To get more of a Tantric experience, try making sound with a singing bowl, used in Tantric rituals and commonly in yoga and meditation. To produce an electrifying sound with a singing bell, you can run the mallet that comes with the singing bell around and around the rim. This will create a simultaneous soothing and vibrating sound that will open your lover's heart and body to you. You can also tease your lover with sound by wearing a charm bracelet or anklets with bells that shake and jingle with every sexy move you make. Walk or dance around your lover, coming closer then backing away, enticing them to reach for you and pull you close.

Next, ignite your lover's desire by arousing their sense of smell. Take a fresh fragrant flower and hold it under your lover's nose so they can inhale its natural rousing fragrance. Then activate a tactile sensory experience by taking off the petals and

seductively dropping them one by one on to your lover's face and chest. If you're wearing perfume or cologne, flirtatiously lean in close so your lover can catch its intoxicating scent on your neck as you distribute the soft alluring petals upon the skin. For a sweet-smelling, tactile and tasty sensation all in one, sprinkle your lover with honey dust, a delicately fragrant, silky, edible powder made with pure, natural honey. Honey dust was prized as a skin conditioner in ancient India, and it is still sold today as a sensual treat for lovers. The delectable dust comes with a handmade feather applicator that will delight your lover's body. You can awaken your own taste buds as well as your lover's by licking it off their body and then sharing a deep soulful kiss.

Keep using the honey duster or change to a simple feather to intensify your lover's sense of touch. Tickle and tease their body, brushing the feather lightly down their neck to their nipples and watch them respond in excitement. Then use the lightest touch of your own fingers and hands to delight your lover's body. Alternate between light, fluttery touches and deep strokes to create a unique and unexpected sensory reaction that will make them melt beneath your hands. Add tender lovebites to surprise your lover and you will have them playfully begging you to stop. Take sensual materials like silk or pashmina and brush them gently against your lover's body and genitals, activating full arousal.

To provoke the sense of taste, feed your lover grapes or dip your finger in some melted chocolate and let them lick it off. Women, you can really heat up the passion by inserting one or two fingers into your wet vagina and then bringing them to your lover's lips. Not only will he be able to inhale your intoxicating scent, but he can also lick your delicious love juices off your fingers. At this point, notice how every one of your senses is completely turned on, setting a perfect tone for the awe-inspiring kundalini experience to

come.

Explore the Pleasure Evoking Position

Your slow and delicious sensory foreplay will have you both aroused and ready to try an erotic Tantric love posture that the ancients believed could activate kundalini. This pleasure-evoking position described in the *Chandamaharosana Tantra* requires some flexibility and strength so don't be surprised if you can only hold this exciting position for a few moments. Even if you can't sustain this position for long, you'll enjoy the few magnificent moments that you can maintain it.

In this sexy love posture, he squats deeply so his buttocks meet the back of his feet, and he's supporting himself on the balls of his feet with his knees apart. If the mere idea of doing a deep squat makes your knees hurt, try sitting on a stack of pillows with your knees spread wide. She straddles his lap so her feet are off the floor, and she clasps her hands on his shoulders or around his neck while he places his arms around her waist. He initiates a subtle thrusting motion as she grinds her pelvis against him. As you begin to make love, maintain your heightened awareness of all of your senses, drinking in the amazing way your lover feels, smells, sounds, looks and tastes.

Men, when your thighs start burning, you can fall back so you end up sitting on the floor or on a pillow with your legs bent or straight out in front of you. She is still straddling your lap with her knees bent on either side of you and her feet on the ground. Both of you wrap your arms around each other like braids as one of you leans back and then the other tilts back to create a gentle rocking back and forth motion. This evolution of the movement is called swing-rocking, which simulates a similar sensation to what you

might feel if you were sitting in a swing.

With this sexy move, his penis remains rather still although the penetration deepens blissfully and then becomes teasingly shallower as you rock back and forth. This gentle motion is designed for maximum endurance to lengthen your pleasure, just like the ancient Tantric sex masters recommended. Similarly, the subtle rocking motion can create delicious contact with her clitoris for maximum stimulation.

Weave a Kundalini Ride Into Your Sensory Experience

What's even better about this erotic love posture is that it can take your experiment of weaving the sensory to sensational, new lovemaking heights. That's because the Tantrics believed that this love posture was ideal for activating kundalini. To awaken kundalini through the act of joyful lovemaking, think about the sexual energy building in your genitals as you both rock back and forth. The deep breathing, soft moans of excited pleasure and hot sexual movements of your lovemaking will inspire the kundalini to rise up through your bodies. Concentrate on the energy moving up your spine through each chakra of your body. Feel it creating a pleasurable warming and tingling sensation as it rises through the root, the sex, the navel, the heart, the throat, the third eye and the crown chakras like liquid fire. Be sure to consciously enjoy the uniqueness of these new feelings you and your lover are sharing.

When the kundalini reaches the crown of your head, you will experience the awakening of the whole body, the sense of pure joy and the absolute pinnacle of pleasure and spiritual awakening. If the energy ever feels overwhelming, sit up and focus on your feet to move the kundalini back through the body, which can spread the sensually pleasing

feelings throughout your limbs. To continue this thrilling kundalini ride, transition to a favorite sexual position and stir the sexual sensations at the genitals again, amplifying you and your lover's sexual breathing and connection. Then feel the kundalini in both of you move up the spine again, activating new dimensions of sexual ecstasy.

Prayerful Sexual Positions

History of Sex

Much of Tantric sex is rooted in erotic love postures, which we refer to as sexual positions. Because these love postures were designed to awaken the spirit as well as to ignite carnal desire and increase physical pleasure, they were known as prayerful sexual positions. Many of these love postures were depicted in the *Ananga Ranga*, a Hindu book from about the 16th century that borrowed from the *Kama Sutra* and other Indian love and sex treatises. In this classic work, the dizzying array of lovemaking postures were categorized into six groups: woman lying on her back, woman lying on her side, sitting positions, standing positions, woman lying on her stomach and finally, woman on top. Within each category, numerous erotic and fairly acrobatic variations are described.

When engaging in these prayerful sexual positions, Tantric lovers would focus all of their attention on the sexual act at hand, offering precious affection to the lingam, a man's erect penis and the yoni, a woman's vagina. By staying present in the moment and using their powers of concentration in these positions, Tantric bedroom adepts could elevate their lovemaking to lofty states of engagement and satisfaction.

Modern-day couples can take a cue from Tantra and experiment with prayerful sexual positions. By adopting the steamy love postures of the ancient Tantric sex masters, you can introduce a new menu of thrilling positions to your lovemaking repertoire, making it anything but routine. And when you add the Tantric sex practice of remaining present in the moment and concentrating with all your heart and soul on your lovemaking, you will transform your sex into a passionate worship service. That can only offer a clear path to inspirational bliss.

Prayerful Sexual Positions—Make It Your Own

Plan an unforgettable morning or entire day of steamy sex so you and your lover can experiment with several of the Tantric lovemaking positions described in the [ital]Ananga Ranga [ital]. It will be best if you both schedule this Tantric session ahead of time so that you are at liberty to give your lovemaking your full devotion. Do any household chores before your Tantra session begins so your mind doesn't wander to those clothes that need washing or the grass that needs mowing. If you have kids, send them to a friend's house so the two of you can enjoy some divine alone time.

Remember that spending hours in a Tantric love lock can work up an appetite so prepare delicious foods ahead of time that are ready to enjoy when you take a Tantric break. If you really want to commit to staying in the present moment with your lover, turn off your cell phones too. This will give you the opportunity to focus completely on your lover and this extended moment of prayerful pleasure. With this kind of pledge, your Tantric adventure is guaranteed to lead you on an ecstatic exploration like you have never experienced before.

During your Tantric lovefest, experiment with as many of the following irresistible lovemaking positions as you can handle. Start your Tantra off right by enjoying one of these steamy love postures when you first wake up in the morning. This will awaken your bodies, hearts and minds to the heavenly Tantric journey that awaits you. Continue your morning or entire day by joining in sacred union whenever the mood strikes, whether it's in the afternoon, evening or middle of the night. You will find that these prayerful sexual positions lead to a fulfilling emotional connection with your lover and stimulating physical contact.

The Inexhaustible Kindness Position

Inexhaustible Kindness is a sexy Tantric position that will have you both praying that it never ends. To perform this ancient love posture, she reclines on her back and brings both of her knees to her chest and places both of her feet on her lover's chest. Men, sit in front of her with your legs bent and out to the sides of her legs. Wrap your arms around her torso and hug her close to you as you penetrate her with rhythmic thrusts.

The beauty of this lovemaking position for women is that it lets you take control of the depth of those stimulating strokes, which can help him delay orgasm. Men can simultaneously control the rhythm of the strokes by pulling her body closer. As she pushes away and you pull her close, you create dynamic sexual tension that will lengthen the pleasure for you both.

When he gets close to orgasm, just push your feet gently against his broad chest so he can't penetrate you as deeply. He could playfully wrestle with you for deeper penetration. Use this time to subdue his fire slightly by kissing him passionately, whispering sweet things in your lover's ear and massaging yourself to turn up your arousal. Then relax your legs as a clear indication that you want him to resume deep rhythmic penetration.

Considering that this position is called "inexhaustible", you may want to use this erotic Tantric technique several times for a marathon sacred lovemaking session that will leave you both feeling blissfully fulfilled.

The Stepping Beyond Position

In this hot love posture, she leans on her back with her eyes lifted up to the heavens. She lets one of her legs relax on its side with her knee slightly bent forming a V. He sits in front of her between the V of her leg with one leg bent so his thigh touches his chest and

his foot rests under her thigh. His other leg lies to the side of her luscious body. He raises her other leg up high in the air and places it gently against his head. Men, this wildly exciting position leaves your hands free to roam your lover's body, stroking her soft inner thighs, caressing the curves of her breasts and massaging her clitoris.

Men, you can try a couple of different motions within this position: hold the back of her thighs and push them away, allowing for a very arousing stroke that can change between slow and fast. You can also grab her hips from underneath and pull them towards you with as slow and long a stroke as possible. As you look down, you can watch the lingam and yoni uniting in this beautiful Tantric dance over and over. This position also offers intimate eye-to-eye contact so you can deepen your connection while you bring each other slowly and mindfully to an amazing crescendo.

The Remembrance Wheel Position

According to the [ital] Ananga Ranga [ital], the Remembrance Wheel—also known as the Wheel of Kama (the Love god)—is a position designed specifically for more voluptuous lovers. In modern times, however, anyone can enjoy the sensational joys of this Tantric love posture. In this position, she lounges on a bed with a few pillows propped behind her back and spreads her legs out wide, keeping them straight. Men, you sit between her legs and press your hands together as if in prayer and then place them both on her thighs to push them as far apart as is comfortable for her.

As you make love, use your arms to lift her legs gently. Then as your penetration becomes steady and rhythmic, utilize your arms under her elevated legs to turn her body slowly from side to side to create incredible sensations along the penis and inside the

vagina. Feel this motion sending waves of pleasure up into your bodies and the seven chakras as you turn your wheel of love. Notice each sensational turn bringing you more and more fully into this remarkable moment.

Feet in the Air

Feet in the Air is one of the more acrobatic love positions depicted in the *Ananga Ranga*. Women, you will need to be fairly flexible to enjoy this position fully. Lying back against some pillows, place your hands on the backs of your knees and draw them in as close as you can to your breasts. Keeping your knees in close to your breasts, lift your feet up into the air so the soles of your feet are facing the ceiling or, if you are super flexible, facing the wall behind you. He sits as close as possible to you on bent knees, as if kneeling at an altar.

To begin, men, insert your penis and clasp her lower back to pull her gently forward. As you steady your strokes, you can let go of her lower back, giving her the freedom to arch and collapse her lower back to shake up the sensations of pleasure. Place both of your hands on her gorgeous breasts and caress them while you make sacred love. Tease her nipples with light touches and then bring one hand down to her genitals so you can massage her clitoris with your thumb while you thrust rhythmically.

Women, if you can't hold this position for long, start with your feet in the air then bring them back down near your buttocks or rest them on your lover's shoulders. With this lusty Tantric love posture, he can lean in close to you as he penetrates to show his desire for you and to infuse more intimacy into the moment. He can also pull back to a sitting position, which offers thrilling visual stimulation. Dive deep into this exploratory sexual

journey, during which you stretch yourself both physically and spiritually, to relish this perfect moment.

Their Prayerful Sexual Positions Story

Lana and Jessie had always loved sex with each other, but it had gotten to the point where it just felt like work. They were both interested in working their way through it. I asked the couple what they felt both physically and emotionally when they were having sex.

Lana told me that physically, sex felt like friction these days. Jessie said that emotionally, he was somewhere else, thinking about the calls he needed to return. Lana found herself fantasizing about other men while they were having sex. They both agreed they were not fully present during their sexual encounters.

I suggested that they try one of the Tantra prayerful positions designed to engage all of your awareness into the act of lovemaking and utilize the weaving the sensory ritual along with it to bring their mind and body to the moment. They choose the Inexhaustible Kindness position and decided to focus on bringing more kindness to their sex life and awakening all of their senses. By placing heightened focus on watching each other's facial expressions, listening to each other's sounds of pleasure and feeling the amazing sensations of his hard penis in her wet vagina as they moved in this Tantric position, they started to feel more and more pleasure. They also found that by focusing on each other, they brought themselves more fully into the act of sex, which resulted in an abundant surge of desire and energy to prolong their lovemaking. In follow up, they were happy to say that their experiment with Tantric love postures and techniques also made sex more meaningful for them both.

Chapter Three

Harness the Power of Sexual Magic with Egyptian Sex Rituals

Intro

As the life-giving Nile snaked through the enchanted and fertile terrain of Ancient Egypt, it gave birth to many powerful pharaohs but none so great an icon as Cleopatra, legendary for her powers of seduction and for her sexual liaisons with the ancient world's most powerful rulers. Cleopatra's secret was one that all ancient Egyptians shared: sex wasn't considered taboo. In fact, it was a vital part of the entire life cycle—from birth to death and into rebirth.

While the people of this fascinating civilization enjoyed a romantic, sexual and sensual freedom in their daily lives, they firmly believed that earthly carnal pleasures were intricately bound with the gods. In fact, a variety of sexual rituals dating back to 3,500 BC in Ancient Egypt were believed to offer lovers access to eternal life. According to Egyptian lore, when people coupled their sexual experiences with devotional rituals it pleased the gods. This could earn Egyptians an extended life and a favorable afterlife. Many sensual Egyptian rites paid homage to the pantheon of gods and goddesses revered by the people living in this narrow strip of rich land bound by vast, barren desert hills. One of these erotic Egyptian rituals was cat worshipping, which was inspired by the cat goddess Bastet. The worship of Bastet, who was depicted as a woman with the head of a wild desert cat, began around 3,500 BC, and became the national religion around 950 BC. The annual festival held in honor of the cat goddess in Bubastis, Egypt, was a bawdy affair that attracted thousands of revelers from all over the ancient world. The wildly decadent celebration centered on seduction and music. During the revelry, many women would lift up their skirts to reveal their genitals, a gesture viewed as a reverent act at the time.

While cat worshipping at the Festival of Bastet was open to all Egyptians, the ancient Egyptian ritual of anointing was far more selective. Anointing involved placing an unguent, such as luscious oil, on an important and highly honored person's face or body in an exclusive setting. For instance, pharaohs were commonly anointed with oil at their coronation ceremony, and the ritual of anointing could also be enjoyed between a husband and wife. In Egyptian times, people believed that the ritual of anointing actually transferred divinity from the deities to the earthly person, giving him or her god-like powers. Making use of delicious fragrant oils, Egyptian couples anointed each other as an act of adoration, affection and arousal.

While the ritual of anointing between lovers was a form of foreplay for succulent sexuality, another ancient Egyptian rite called the sex magic of Isis centered wholly on two people having wild intercourse. The goddess Isis, the daughter of the god of the Earth and the goddess of the Overarching Sky, was known as the goddess of magic and particularly sex magic. The sex magic of Isis was a secret ritual practiced only by a select few who were specially trained in the mysteries of Isis.

In this ritual, the lovers would engage in electrifying sex that created an intense sexual energy. They would then envision this sexual potency transforming into two snakes that would rise up through their bodies producing incredible pleasure. In performing this ritual, the goal of the two lovers would be to reach an exalted state of ecstasy during lovemaking in order to strengthen what the ancient Egyptians called the Ka body, a body consisting of pure energy that existed in addition to the physical body.

These ancient practices can be recreated in your own way to infuse your lovemaking with more mystery, seduction, sensuality and sexual freedom. Practicing cat worshipping

gives you the chance to have fun with role-playing as you get in touch with the erotic wild cat lover in you. Using luscious oils all over your bodies in an impassioned sexy anointing ritual promises a host of new and pleasurable bodily sensations for you and your loved one to enjoy. And acting out the sex magic of Isis can usher you and your lover into the fantastic unexplored dimensions of sexual ecstasy.

Egyptian Same-Sex History

Secret gay affairs, wild same-sex dreams, and homosexual escapades within the palace walls, gay sex played a part in ancient Egyptian society. Thanks to archeological digs, evidence of same-sex couplings in this ancient land have been unearthed. One of the oldest finds is a tomb from the Fifth Dynasty—around 2,600 BC—that shows two men who worked as manicurists for King Niuserre in an intimate embrace. This image could be the first depiction of a gay kiss in all of history. According to historians, about 400 years later, King Neferkare engaged in a secret gay affair with General Saset. Other evidence of homosexuality in Ancient Egypt includes a book about women's dreams that mentions women engaging in sexual acts with each other.

Cat Worshipping

History of Sex

The domesticated cat held an exalted position in ancient Egyptian society, and anyone caught killing a cat was punished with death. Cat worship was derived from the belief that felines embodied the deity Bastet, known as the cat goddess. Revered as a goddess of sensual pleasure the cat goddess was also known as “Pasht”, a name that is believed to be the origin of the English word passion. The cat goddess inspired a highly sensual yearly ritual called the Festival of Bastet, during which men and women would assume the sultry qualities of a cat—prowling within the temples of Bastet, gyrating to the intoxicating sounds of music and purring to communicate their passion. The revelers would also douse themselves in perfume to awaken the senses and would shake rattles to create an aura of tension within the temple. By taking on a cat-like nature, the worshippers felt a freedom to express themselves erotically and would expose their sexual anatomy to each other.

For a decidedly sensual romantic experience, you can practice the sacred art of cat worshipping in the privacy of your own bedroom. By taking on the mysterious and mercurial characteristics of the feline, you and your lover can choose to explore the playfulness of your inner sex kitten or the ferocity of your inner lion as you perform a modern-day interpretation of this passionate ritual.

Cat Worshipping—Make It Your Own

You can make the sensual ritual of cat worshipping your own by getting in touch with your feline side. When you and your lover embody the qualities of a cat—mysterious,

curious, sexy, supple, proud, independent—you open the door to a captivating realm of sexual play that will excite all of your senses. Think of your cat worshipping experience as a luxurious seduction scenario in which you and your lover patiently pursue one another before devouring each other sexually. Depending on your personalities, your cat worshipping ritual can be fun and flirtatious or fierce and frisky.

In today's fast-paced world, reenacting the cat worshipping ritual gives you and your lover a chance to take time out from the demands of your daily lives to luxuriate in the tactile delights of each other's bodies. By allowing yourselves the time to express your sexual animal nature and to savor the way your bodies feel, smell, sound, look and taste, you can awaken yourselves to a new delectable sensory experience.

Create A Sexy Lair

Transform any area of your home into a sexy lair for your cat worshipping ritual. Since cats love to bask in the moonlight, consider turning on your wild cat in a room with moonlight streaming in. You don't need to wait for a full moon to partake in your cat worshipping ritual, just part the drapes or lift up the shades on your windows and let any amount of moonlight shine into the room. At the Festival of Bastet, music featuring drums, rattles and other percussive instruments played a major role in setting the mood, and it can help you tune in to the sexy cat lover in you. Choose any style of music that inspires you to move in a slow, catlike, seductive manner for this erotic ritual.

Cat Wear

To get ready for your delicious cat rite, consider wearing sexy lingerie or briefs made of sensuous materials that beg to be touched. For instance, try undies made of velvet, silk or cashmere. These fabrics will feel luscious against your bare skin. Men, if you're used to cotton underwear, you'll love the way wearing these fabrics can awaken the sensations on your penis and testicles, and you'll like the way they excite her, too. And women, these luxurious panties will feel luscious against your hips and vagina, making you wet. Plus, they'll feel delicious to your man. You may want to wear a shade of red, the color worn by the priests and priestesses of Bastet. Drawing on the ancient Egyptians' use of perfume during cat worshipping ceremonies, dab your favorite scent on your neck and pulse points to ignite your lover's sense of smell and attraction.

Dare to take the cat theme even farther with cat masks. Wearing a mask can help you channel the feline within and give you the extra confidence to express yourself more seductively, no holds barred. With cat role-playing, you can act out untamed sexual desires that you always dreamed about but may have been too shy to try. When you put on a cat mask, it's easier to unleash a fierce cat-like personality, one that will turn on your lover and spice up your sex life.

You may also want to partake in your own version of catnip, a substance that produces a feeling of euphoria in cats. For example, sharing wine together the way the ancient Egyptians did during the Festival of Bastet might increase your enjoyment of the ritual.

Engage in Cat Play

Spend an intoxicating evening engaged in cat play with your beloved. During this kinky cat play, breathe in each other's alluring scent, feel your lover's sensual skin and lingerie fabrics, taste each other's breath and body with flirty licks and bites, listen to each other's seductive purrs and watch your lover's tantalizing cat-like movements. This will stimulate each and every one of your five senses, intensifying sexual intrigue and arousal as well as awakening nerve endings you didn't know you had.

Unleash Your Sex Kitten or Tiger Lover

Just the way cats stalk their prey, you and your lover may want to begin by prowling around each other to check out your sexy catch. Kneeling on all fours, circle around your lover, brushing up against them lightly as you pass by. Think of how a cat rubs up against objects throughout the house and caress your face and body lightly against your lovers as you engage seductively. Rubbing up ever so gently against your lover's face, neck, side, chest and hips will make your hair stand on end with the sensations of your lover's touch. Breathe in your lover's intoxicatingly perfumed skin as your nose traces the length of their body. As you move, undulate your back, arching it and then rounding it to mimic an Egyptian cat, expressing your animal magnetism and inspiring the heat in your lover. Run your tongue along each other's lips, neck, and body in long arresting licks as you purr provocatively. Like a cat that loves to scratch, trail your fingernails down your lover's chest, down the back, and up the thighs. Start by scratching very lightly and slowly increase the pressure for an exquisite feeling. As you scratch, pay close attention to your lover's reactions to avoid causing any unwanted discomfort.

Cats can be very independent, mysterious and aloof, and they don't always give in to human commands. Similarly, as you engage in cat play, you may want to play a bit of "catch me if you can". Tease your lover by moving in for a passionate kiss and then pulling away at the last second, leaving them wanting more. Or back off from your lover's touch, forcing them to capture you before being able to plant wet kisses on you. This game of seduction can ignite the cat hunter inside of you both and help you transform from a flirty pussycat to a wild tiger or lion by engaging each other in a cat fight of tumbling, mounting and even biting each other in turned-on excitement. To bring your cat worship ritual to an erotic crescendo, slide off your bottoms and face each other. With your knees bent and your arms behind you open your legs to offer a glimpse of your genitals. Let your lover bask in the beauty of your genitalia while you take in the magnificence of your beloved's. This highly alluring act of sexual acceptance is sure to inspire a fierce intimate union. Like cats in heat, pounce on each other and continue to move with feline ferocity as you consume each other sexually.

Women, imagine being like Catwoman from the Hollywood film and hold your hands like claws while you purr or hiss at your lover. Push your man down on his back and straddle him, assuming a prowling stance—kneeling on all fours over him with your knees near his hips and your fingernails lightly digging into his shoulders as you pin him down on the bed or the floor. Lightly rake your "claws" down from his shoulders to his chest then back up to his shoulders.

Lower your face and chest to him and purr while you lick and gently bite his chest, his neck and finally his lips. Meet his outstretched tongue with yours and circle your tongue around his as you continue to hold him down. Spread your legs wider so your hips are

near his, and your vagina touches his penis. Move your hips back and forth, rubbing your labia on his shaft to arouse him and to stimulate your clitoris. When you're both sufficiently aroused, maneuver your hand down to his penis and guide it into your vagina, then put your hand back on his shoulder to help provide support as you glide up and down on his penis

After a few moments of intercourse, hop off of him, leaving him begging for more. Start the sexy sequence all over again by prowling around him, purring and undulating your body. Then pounce on him again and resume intercourse. By interrupting your lovemaking with more cat play, he can delay ejaculation, giving her more time to reach climax. Plus, this woman-on-top position offers him exciting visual stimulation and gives her the opportunity to take control of the depth of penetration and speed of thrusting. It also gives her a chance to touch her clitoris for added stimulation, putting her in charge of her own orgasm.

His Cat Story

Joel wanted to surprise Julie with cat worshipping foreplay, but felt he needed to practice calling out the sexy wild cat in himself. Joel threw himself into the fire by sending an email invitation to Julie that morning asking her to come over at 8 p.m. dressed as a sexy cat and that the panther in him would be awaiting ready to make her [ital] purr [ital].

When he received Julie's enthusiastic email accepting his invitation, Joel's excitement and nerves grew. He put on some cool music and did some yogic like cat stretches on the floor, seductively arching and then lowering his back and gyrating his hips. His cat confidence grew as he tapped into his inner panther and began prowling in circles

thinking about what he would do to his catch. When Julie arrived looking deliciously feline, Joel was prepared, and she was instantly turned on by his palpable animal magnetism.

Anointing

History of Sex

The sacred art of anointing, in which rich fragrant oils are applied to a significant person's face or body, is commonly associated with Biblical times, but it is believed to have originated in Ancient Egypt. Oils were a common offering in Egyptian temples and were viewed as a holy element that was infused with divinity. By definition, anointing with oil meant to make sacred or to consecrate. Anointing in the Egyptian world occurred in many settings—from opulent royal ceremonies to the intimacy of a couple's bedroom. In royal rituals, for instance, aromatic oils were applied to a pharaoh's head in order to give him or her god-like strength. Several temple reliefs reveal images of the falcon-headed sun god Horus and the god of wisdom Thoth anointing the pharaoh, thus instilling the newly anointed with their own divine powers.

Anointing rituals weren't reserved only for the powerful in ancient Egypt. Common men and women often practiced this sacred rite together as a way to honor each other, to induce hypnotic erotic states and to claim a lover as their own. By pouring scented oils or even honey onto their beloved's face or feet, ancient Egyptians initiated romantic encounters, showed the depth of their devotion and invoked blessings from the gods and goddesses for their loved one and their union.

Anointing—Make It Your Own

The sacred act of anointing using aromatic oils is a beautiful ancient ritual that you can easily adapt to your own lovemaking repertoire. Use this sexy rite as a way to demonstrate the depth of your adoration, or to mark your lover as yours. You can also

take the anointing ritual beyond its original significance to enhance your lovemaking by spreading fragrant massage oils all over each other's nude bodies. Scented oils release those feel-good endorphins that get you in the mood for a wild night of passion and can guide you and your lover into a state of pure euphoria. With the silky slickness of the oil on your bodies, you'll discover that nothing feels sexier than luscious skin on skin.

Stock Up on Sexy Oils

To prepare for your intimate anointing ritual, head to the nearest adults-only store or hop online to shop for fragrant essential oils, scented massage oils or flavored personal lubricants. Fragrances the ancient Egyptians used for romantic anointing include myrrh, moringa and rose, a scent known as an aphrodisiac for men and women. Other aromatic essential oils that enhance a woman's libido or intensify her sexual response include ylang ylang, anise, neroli and clary sage. Many scents—such as lavender, anise, jasmine, patchouli, sandalwood, cinnamon, cardamon and coriander—arouse lust, improve blood flow to the sex organs or increase staying power in men. You may want to purchase a sampling of oils and experiment with them to find the aromas that give you and your lover the most intense sexual sensations.

Erotic massage oils and sexual lubricants also offer exciting options for anointing.

Heating massage oils create an arousing warm feeling when applied to the bare skin. In addition to aromas that stimulate the sex drive, many of these products come in flavored varieties designed to be licked off a lover. With these tasty oils, you and your lover may discover tantalizing new ways to please each other orally as you lick and suck the yummy flavors off each other's bodies.

For your private anointing ritual, you may prefer other natural elements, such as honey. This sweet, luscious nectar works best for anointing small areas of the body rather than a whole-body dousing. Pour a bit of honey on your lover's forehead, nipples and feet. And just imagine of the pleasure you'll both experience when you lick it off.

Strip Down to the Essentials

Whether you're using essential oils, honey or other sexual lubricants for your anointing ritual, it's best to perform your version of this ceremony in the nude. Not only does this prevent possible stains on clothing, but it also gives you the chance to offer your whole self—physically and emotionally—to your lover.

As you prepare for anointing, let your lover undress you before you do the same for your beloved. Use this time to get your sexual juices flowing. Men, let your fingers linger on her breasts as you lift off her blouse, and women, cup your hands around his buttocks as you slide off his pants. To allow the aromatic oils to produce their most intense effects on your sexual desire, cleanse your bodies with a damp cloth to remove any lingering scents from perfumes, colognes or lotions. Before you begin, toss an old sheet on the bed, couch or floor where you'll be performing your ritual to avoid staining.

Anoint Your Lover

To begin your anointing sex rite, have your loved one stand in front of you, or sit in a chair, on the couch or perhaps on the edge of the bed. Raise your anointing oil or honey up to your nose and breathe deeply to inhale its intoxicating scent. Dab a liberal amount on your finger and then press it against your lover's forehead. If you're using honey or a

flavored lubricant, let it drip down to the lips where you can seductively lick it off with your tongue. Nibble on your lover's lips as you savor the sweet-tasting liquid.

Next, apply more oil to your finger and anoint your lover's feet, allowing the oil to trickle down to the toes. Arouse your lover's desire by sucking the delicious oil (if edible) or honey from the toes. Continue your anointing ceremony by dripping oil on the nipples, circling your fingers around them until they harden. Now, let your lover turn the tables and anoint you in their own erotic way.

You and your lover may want to communicate a special sexy blessing as you perform your anointing ceremony. For instance, you can tell your beloved:

- "I call on all the gods and goddesses to instill their sexual powers in you."
- "I officially declare you the king/queen of my heart."
- "I give myself over to you, my most exalted lover."

With your choice of oils or flavored lubricants, continue spreading the unctuous fluid all over your lover's flesh. Pour some into your hands and rub them together to warm the liquid before applying it to the body. Men, run your oiled hands down her neck, over her breasts, and down her belly. Cover her arms, hands and fingers with oil, then sensually caress the oil into each finger and the palm of the hands to ignite her libido. Turn your attention to her legs, rubbing the oil in smooth strokes up her legs and onto her inner thighs, something that's sure to arouse her most passionate desires. Unless you're using a lubricant that's specifically designed for internal use, avoid rubbing the oil into her genitals. But don't forget her backside. Swirling your supple hands around her buttocks and up her back can add to the lustful sensations.

Women, you can treat your man to the same sensual treatment, dripping warm oil down

his back, butt, arms, legs and chest, stopping just short of his penis where you can apply lubricant. Using your hands, work the oil into every crevice of his body with strong pressure. Then lower your own oiled breasts and body onto him and rub your body against his to drive him wild. Slither your body down lower so you can slide your breasts and nipples against his erect penis, causing exquisite sensations for you both.

When you're both ready, move into the missionary position so she is lying with her back against the bed or floor and he is on top of her. This position will offer you as much bodily contact as possible, letting you take full advantage of the delicious feeling of your oiled bodies against one another. In this position, your feet, legs, pelvises, bellies and chests can touch as you enjoy highly sensory intercourse. She can wrap her arms around his torso and her legs around his thighs while he rubs his pelvis up and down against hers. Feel the oil and lubricant, as your bodies glide easily against each other. Allow his shaft to stimulate her clitoris with a sizzling combination of both friction and moisture. Bring your bodies as close to each other as possible, creating exciting heat and arousing pressure for him. Enjoy the incredible sensations you feel from head to toe, bringing you both to succulent full-body orgasms.

I wish I were your mirror

so that you always looked at me.

I wish I were your garment

so that you would always wear me.

I wish I were the water that washes your body.

I wish I were the unguent, O Woman,

that I could anoint you.

Papyrus Anakreon: K. Preisendanz, *Anacreon*

Their Anointing Celebration

Jon and Samantha were celebrating their first year of dating one another, and Samantha wanted to find a sexy way to communicate her feelings to Jon. We discussed some possible options, and the anointing ritual was one that fascinated her. Samantha went out that afternoon and came across some romance-inducing oils in a gift shop. She chose a couple that smelled so enticing that they made her feel intensely aroused. That night, as they undressed to make love, Samantha approached Jon and said, “I want to anoint you as my handsome and exquisite prized lover.” With passion and devotion, she took the oil and generously marked Jon, smearing the oil to create her initial on his forehead, his chest, his hips, his inner thighs and his feet. He was noticeably aroused. He then took the lead and anointed her as his own. Once marked, they rubbed their bodies against one another and made love in a slow, sensual celebration.

Sex Magic of Isis

History of Sex

One of Ancient Egypt's most important erotic rituals was called the sex magic of Isis. In this mind-blowing ritual, a couple would come together in a highly passionate union that relied on hot intercourse and mysticism. As the two lovers copulated, they felt an intense wave of sexual energy flowing through their bodies. Using their powers of visualization, they envisioned that the sexual energy they felt inside took on the form of two serpents—one black and one gold—that snaked their way up the lovers' spines, crossing and overlapping each other as they rose within their bodies. Of course, the snakes weren't real, but the sexual energy the couple built up was palpable. These imaginary snakes were believed to generate at first subtle and then explosive sexual energy within the lovers, guiding them to an exalted state of euphoric bliss.

In reaching glorious ecstasy, the two lovers would achieve the ultimate goal of the ceremony by strengthening the Ka body. The ancient Egyptians believed this was a body of pure energy that every human possessed in addition to their earthly body of flesh and blood. Egyptians viewed the Ka body as a nourishing force that helped sustain the physical body throughout life and into the afterlife, a magical force that could help an adept perform miracles and a highly romantic force that could create a rich and luscious union between lovers. Fortifying the Ka's magnetic energy in this lovemaking ceremony took on a vitally important role in Egyptian high society.

Most Egyptians, however, knew nothing about the real sex magic of Isis as this secret lovemaking rite was reserved strictly for pharaohs and a high order of devotees trained in the magical ways of Isis. Egyptian rulers proudly exhibited their grasp of the revered but hidden powers of Isis by wearing crowns with cobras. These cobra crowns represented the pharaoh's ability to harness those beautiful and awe-inspiring snakes of sexual energy

induced during the lovemaking ritual. The sex magic of Isis was considered so top secret that Egyptian hieroglyphics actually used hidden codes to depict the erotic ritual.

In one scene in Egyptian hieroglyphics, there is a figure of Isis offering a snake, coiled on top of a basket, to King Ramesses. The sign of life, an ankh, stretches from the snake to Ramesses' nose, as he breathes in her fiery, sensual life-generating energy. Only Egyptians "in the know" understood that this hieroglyphic referred to the sex magic of Isis. To ordinary laymen, this painting represented an awesome display of magic and power.

Sex Magic of Isis—Make It Your Own

Everybody wants a little more magic in the bedroom, and this powerful ancient rite can help you get it. Filled with secrecy and mysticism, the sex magic of Isis will help you and your lover learn how to use the powers of visualization to create an explosive, ecstatic sexual experience. Concentrate on the sexual energy building as you make love, and use visualization to imagine that your super-charged sexual juiciness shape-shifts into a gold and a black snake.

In this process, you'll likely be feeling the most intense sexual energy in your genitals, so imagine that these two snakes are rising up from your loins and weaving their way up your spine during this passionate ritual. By doing so, you will feel the sexual pleasure building all over your body until it blissfully engulfs you like a mushroom cloud. This can lead to an orgasm so intense, it may feel like an out-of-body experience.

Wear Magical Makeup

Get into the spirit of this ritual with sexy Egyptian-style makeup that you can wear

whether you're a man or a woman. To turn yourself into a coal-eyed minx, line your eyes with thick black kohl, a substance that is the modern derivative of the eye makeup actually used in Ancient Egypt. If you don't have any traditional kohl on hand, you can also use any brand of black eyeshadow or eyeliner whether it's a liquid eyeliner, a pencil or a powder. Use heavy strokes when applying the eye makeup to create a very alluring almond-shaped or cat-shaped eye.

For women, you can take it one step further with a short, black Cleopatra-style wig.

Queens and commoners alike in the New Kingdom of Egypt (1570-1070 BC) often wore wigs on a daily basis. Ancient Egyptian women who didn't sport wigs might adorn their natural hair with headbands, flowers, ribbons or beads. Feel free to decorate your wig or your natural hair with any of these embellishments to help get you in the mood for a magical night of sex.

Since this ritual revolves around snakes, you and your lover may want to wear serpentine rings, necklaces or other jewelry. You can also cover yourselves in sheer linen tunics, shirts or robes to resemble the transparent linen clothing the ancient Egyptians typically wore. Although these external accoutrements can help you act like an Egyptian, remember that this sacred ritual centers on what's happening inside your body and your mind.

Learn the Secrets of Sex Magic

To begin your sex magic ritual, make sure you're in the right frame of mind. Men,

approach this rite as though you were a powerful pharaoh, and women, think of yourself as a Queen highly trained in the temple rites of Isis. As you come together, stand and take time to admire how sexy you both look in any Egyptian-style clothing or makeup you may have chosen. Kiss each other passionately, letting the tips of your tongues flick and swirl playfully. Let your garments fall to the floor. Women, let your hands roam over the sinewy muscles of your lover's body. And men, feel the sensual curves of her thighs and breasts as you touch her.

Adopting a standing position for intercourse during this ritual is ideal. If you have a four-poster bed, have her reach her arms upward to hold onto one of the posts. If not, have her stand against a wall with her arms outstretched above her. Women, wrap one leg around his waist, and men, hold on to her buttocks as you enter her vagina. This is where the fantasy comes in if you want to explore the sex magic of Isis. Of course, you can simply continue thrusting for a delicious quickie if you prefer.

For those of you who are intrigued by this ancient Egyptian rite, start concentrating on the sexual excitement you're feeling as you have sex. Then imagine that this sexy, juicy energy is taking the form of two snakes inside you as your bodies writhe in sexual unison. Breathe deeply all the way down into your pelvis—in and out, in and out—to match your rhythmic thrusting and envision the serpents stirring there.

Imagine that there's a snake charmer playing the flute and enticing those snakes to rise within you as your pelvises grind against each other, providing desirable clitoral stimulation for her. As your arousal builds, feel the gold snake starting from the right side of the base of the spine and the black snake starting from the left weaving their way up your spine and into your mind.

Men, move your pelvis in a circular motion to encourage the ascent of these two snakes and to increase her pleasure. Pull her down onto the bed and take her from behind. Rear entry allows for deeper penetration and lets his penis tickle her G-spot. To give her even more stimulation, position your hand and fingers under her so you can massage her clitoris with a hot caress. Notice the sexual energy and your pleasure becoming more intense as she reaches for your testicles and pulls longingly.

As your thrusting becomes stronger, try to imagine the snakes dancing and moving more sensually within you. Feel the heat of the energy you are creating as your two bodies blend into one. As you near orgasm, imagine that the snakes reach over the brain below the skull and face each other dripping golden nectar into your brain for a truly mind-blowing experience. By letting yourself surrender to this mystical lovemaking, you may feel a more explosive orgasm and more open and connected to each other. And yes, you may experience the magic of Isis.

Chapter Four

Unveil the Mysteries of Love with the Temple Rites of the Ancient Middle East

Intro

Three millennia before Lawrence rode his white Arabian stallion through this vast windswept land where water was scarce and life was fragile, its desert peoples believed that the secret to health and abundance lay in passionate rituals. These rites of love commonly practiced from 3,500 BC up until and including Biblical times, offer timeless insights into the forgotten arts of Middle Eastern sexuality.

Many people who lived in what was once known as the Fertile Crescent, the land between the Tigris and Euphrates Rivers, revered a goddess believed to be the source of human sexual love and all earthly wisdom. In what is now modern-day Iraq, Syria and Palestine, this "Queen of Heaven" was given different names, among them, Inanna, Ishtar and Asherte. In temples built in her honor, high priestesses led the people in mysterious erotic rites, the most exalted of which was the annual ceremony known as hieros gamos or "sacred marriage". Made famous in the book [ital] The DaVinci Code [ital], this rite involved Sumer's reigning king and high priestess making love before the public in the royal bedchamber. This explicitly erotic union between their society's most powerful woman and man was performed to call forth bountiful blessings for the ruler, the people and the year ahead.

Traveling into farther reaches of the Middle East—recognized today as the cradle of Western Civilization—other ancient beliefs about the body and sexuality existed, many of which are still practiced today. In ancient Babylon, the erotic phallic dance, which we know today as pole dancing, was performed as a Spring fertility rite. The lusty dance was designed to arouse both women's and men's libidos so they would engage in sex and produce more offspring. The people of neighboring Catal Huyuk, today's Turkey,

performed a different form of dance—the spiral dance. This spicy trance dance was believed to give a person access to the intricate labyrinth of their mind and body in order to dissolve the ego and let go of inhibitions. Both the Islamic Sufis and the goddess-revering people of Catal Huyuk enjoyed their own spiral dances, Along the Jordan River, in Canaan, the people of Moses elevated rites of bathing to the center of their intimate relationships and religious lives, practices that continue as living Jewish traditions. By exploring these rites and practices you can revitalize your intimate relationship. Discover how to heighten and consummate the romantic love you feel for your partner in your own royal bedchamber by performing the rite of sacred marriage in much the same way it was practiced by the Sumer kings and high priestesses thousands of years ago. Use the phallic dance to express greater sensuality and sexual confidence in the bedroom and perform the spiral dance to shed your inhibitions and unleash your wild nature. By reenacting Jewish bathing rights, you can relax into a sensual experience that will untap your potential for bountiful pleasure.

Hieros Gamos

History of Sex

Practiced as far back as 6,500 BC in the goddess-revering cultures of the Middle East and Old Europe, hieros gamos was a sex ritual, in which the Sumerian king and high priestess engaged in intercourse as the local populace watched and cheered. This public ceremony was believed to bring prosperity to the people of Sumer. The Sumerians believed that when the king performed the rite of hieros gamos with the high priestess, he would become infused with strength of the goddess Inanna. This empowered the king to better protect his people from invaders and to bring riches and good crops to the land.

There is no more beautiful depiction of hieros gamos than [ital] The Hymn to Inanna [ital], ancient Sumerian verses that are at turns raw, profound, erotic and inspiring. In this epic love story, Inanna, the Sumerian Goddess of Love, falls in love with and beds the mythical God King, Dumuzi, who becomes her consort for life.

Inanna: My vulva, the horn,

The boat of heaven,

Is full of eagerness like the young moon.

My untilled land lies fallow

As for me, Inanna,

Who will plow my vulva?

Who will plow my wet ground?

Dumuzi: Great lady, the king will plow your vulva.

Inanna: Your fullness is my delight.

Hieros Gamos, Make It Your Own

Creating your own modern-day adaptation of hieros gamos gives you the chance to discover the powerful lover in you and to unleash sexual potential that you never knew you had. You can make hieros gamos your own by setting up a royal bed where you and your lover take on the roles of high priestess and king for an ecstatic and unbelievable fertile coupling.

Embody Your Roles as High Sex Priestess and Sex King

For your enactment of this ritual, you may want to wear something resembling the white robes the high priestess and king wore in ancient times. For a woman, a simple, white silk or organic cotton nightgown may help you embrace your role as the priestess. For a man, white pajamas in silk or cotton may make you feel regal. But don't just wear your roles on your sleeves. Try to embody the character of a high priestess or king to make this ritual more passionately arousing. It's this sense of earthly and mysterious power that will encourage you to make love beyond ordinary boundaries.

Prepare Your Royal Bed

Preparing a special bed together for this ritual can be very inspiring. Be open-minded about where you set up your bed—it doesn't have to be in the bedroom. Ideally, set up your bed in an area of your home where you can gaze out the window at nature, or move it outside altogether to make love on the fertile earth. Spread a flat sheet so the edges lie beyond the boundaries of the bed and adorn it with beautiful natural elements—seasonal wildflowers, flower petals, shells, pine straw or fruits—to represent the bed's fertility.

Create A Fertility Wish

Come together before the ritual begins and decide on a single wish for your enactment of hieros gamos. Focus on one aspect of your relationship or life that deserves more abundant fertility. Have fun coming up with a wish that you both want to fertilize. For instance:

- “May this ceremony rejuvenate our enthusiasm for sexual experimentation with each other.”
- “May this sex ritual fuel our passions and reward us with ...” (Place whatever your wish is here, such as more love, better health, more abundance, more fun, a great year ahead, etc.)

Make Powerful Love

Kneel face-to-face with your lover on your royal bed and admire each other. Begin to kiss each other, slowly at first and then more passionately. Appreciate each other’s features as you let your hands roam over each other’s faces, necks and bodies. Undress your lover, letting the sight of their nude body ignite your desire. When you both become completely aroused, unite as powerful equals in fiery face-to-face coitus.

Men, kneel before your priestess as she lies on her back with her legs pressed straight up against your chest and her feet near your neck. This way, you can offer heavenly caresses and sizzling kisses on her legs, her feet and her toes to heighten her sensations. She can run her hands up and down your body, clasping your back and reaching boldly for your buttocks to guide you into her vulva. This position also offers exciting sensory stimulation for you both, allowing you to feast on the beauty of your lover’s face and

body as you take in the sights and sounds of nature around you.

To prolong your lovemaking, take a break from intercourse and shift her hips up higher so you can delight your priestess with oral pleasure. Women, wrap your thighs around his neck as he delves his tongue into your vagina then licks it up toward your clitoris. Men, try the following exciting oral technique to bring her to the brink of orgasm. Press your tongue against her clitoris and maintain constant pressure on it while you nod your head up and down and then shake it from side to side. Keep alternating nodding and shaking your head to drive her wild.

When you notice her thighs start to quiver, shift her hips back down the front of your body so you can resume intercourse. Instead of engaging in your typical hard-thrusting penetration, move your pelvises together with intense passion to produce sexual heat. Here's how. Women, shift your hips from side-to-side as if you were doing a hula dance, and men, rotate your hips in slow sexy circles. As you both gyrate your hips in this stimulating combination, it generates exciting friction for him and can create reoccurring contact with her G-spot, which can lead to a thrilling orgasm for you both.

If creating your fertile wish like the ancient Sumerians is truly your goal, hold each other's gaze, creating a stronger connection as you sensually move your pelvises in aroused unison. As you build your sexual juiciness together, focus on your purpose. Circulate your pelvis and imagine that your purpose is being stirred into a potent compound between the two of you as you get hotter and hotter. As you reach a heightened state of arousal, breathe in deeply concentrating intently on your fertile wish. Then exhale, breathing out your fertile wish through your body, into your lover and out to the divine universe with faith that your powerful, ritualistic lovemaking will help make

your wish come true.

Their Hieros Gamos Story

Melanie yearned for a stronger, more intimate connection with her husband Jonathan.

Every time Melanie and Jonathan engaged in sexual activity, Melanie found that Jonathan's eyes were closed, making Melanie feel like he was hard to reach. Melanie felt this might have something to do with his concerns about providing for the family financially. Melanie discussed her feelings with Jonathan, and he agreed that he hadn't been giving everything possible to their sex life and that his absence dampened the experience. It was time for each of them to step up as lovers. They agreed to try the hieros gamos ritual.

In performing this sacred rite, Jonathan and Melanie used an abundance wish for bringing forth financial wellbeing. They made love with wild excitement to create financial fertility in their life together. After the ritual, they both felt lighter, playful and much more fulfilled. Jonathan had brought all of himself (even his financial concerns) to their intimate encounter. Melanie felt that she finally had the closeness she had wanted all along with her lover.

The Phallic Dance

History of Sex

What we call pole or maypole dances, in which dancers hold ribbons as they circle around a pole, were once practiced in ancient Babylon and in many parts of old Europe. Pole dances as they were practiced in ancient times were also known as phallic dances. Performed to honor and celebrate fertility, Babylonian phallic dances usually featured young female dancers encircling a carved upright representation of a human penis. For this fertility dance, the young women were draped in colorful ribbons that were believed to ensure the birth of future offspring. Oftentimes, men would join the women in dancing around the phallic pole. The phallus in ancient phallic dancing represented vital male sexuality and its role in the life process.

Your Phallic Dance, Make It Your Own

You can create your own erotic version of the phallic dance at home using a dance pole. Think of your phallic dance as a fun and fulfilling love rite that will allow you to explore new ways to express your sensuality and to tease and please your partner. You can make it your own by envisioning the rite you're about to perform as a personal, modern-day mating dance. Enacting your own phallic dance can be an empowering experience. As a woman, when you see how your movements and passion excite your lover, it can make you feel incredibly confident and daring in your sexuality. As a man, dancing the pole can awaken new erotic strength and expression in you that will appeal to your lover. Watching your woman or man dance playfully or seductively and having them take control of you sexually can be intoxicating.

Learn the Secrets of Pole Dancing

Make an appointment for a private pole dance lesson with your partner or buy a video to learn the basics. In either case, you can install a removable dance pole in a private area of your home, such as a studio, den or bedroom, for you and your lover to experiment with and enjoy this dance. Feel free to approach your pole dance in any way that feels comfortable to you. If you are adventurous, you may enjoy dancing erotically around the pole, arousing your lover as he or she watches your every move. If you have a playful nature, you may prefer a more flirtatious approach. Or, you may feel more at ease and enthusiastic if your lover joins you so you can dance together around the pole. Dancing with your lover is fun and playful and can excite you both. This dual dance can inspire each of you to move together in sensuous new ways that will translate into original sexual positions in bed.

Set an Erotic Scene

Create an exotic and erotic setting for your phallic dance by paying attention to music, lighting and your attire. For music, consider exotic Middle Eastern world music with lots of drumming and flutes. These inviting dance sounds will tempt your body to flow in a tantalizing way around the pole. Alternatively, Brazilian music with its sensuous appealing rhythms can inspire you to lose your inhibitions as you circle and weave your body around the pole. Add to the ambience with lighting that makes you feel free and sexy. Consider using candles, colored lighting—such as red or blue lights—or try a little backlighting to create a more dramatic effect.

What you wear can also add to the ambience. Wear something that makes you feel gorgeous and that will provoke the libido of your lover. One suggestion is to hark back to

the ancient Babylonian celebrations of spring and renewal by wrapping beautiful multi-colored ribbons or colorful sheer scarves around your glistening nude body. Sheer fabrics that seductively reveal a hint of your bare breasts and offer a glimpse of the curve of your hips can get your lover in the mood for the intense lovemaking that's sure to follow your pole dance. For a woman, you can wear pinks, lavenders, scarlets or greens. For men who want to join in wearing colorful ribbons or sashes, you can use colors that inspire you, like royal blue and gold. Wrapping yourself in these exquisite ribbons or sashes will make you feel more sexy for this heated mating dance.

Dancing With The Pole

Remember, you don't need to dazzle your lover with intricate dance moves or athletic gymnastics on the pole. Simple, sensual moves are often best to get you and your partner fired up for this exciting, orgasmic love rite. In fact, the real secret to pole dancing isn't your moves, it's your attitude. If you feel confident and have fun performing your dance, you can be sure that you and your partner will both be intensely aroused. A simple trick to increase the sexual tension in the room is to hold your partner's gaze while you dance around the pole. And as you caress the pole, you may want to bite suggestively on your bottom lip, and move your body as if you and your lover were entwined in a hot sexual embrace. If you are wearing sexy lingerie, or if you are draped in colorful scarves or ribbons, you may want to peel them away slowly as you dance to reveal flashes of your nude body underneath.

Heat up your phallic dance by sliding your body down the pole as if you were gliding down your lover's aroused body. Caress the pole with long stretched arms and slow,

delicious strokes of your hands while your hips undulate provocatively. Hook one knee around the pole the way you would if you were making love. And press up against the pole as if you were in the throes of ecstasy. Either encourage your lover to stroke himself while you perform or tease him by making him wait for satisfaction until you complete your performance. Eventually, allow your lover to unwrap any ribbons or scarves from your body, and when you're ready, channel this divine erotic energy from your ancient love rite into a new sexual activity.

Phallic Dance After Play

Your phallic dance in which you honor the symbolic phallus—the pole—is an ideal prelude to honoring your own lover's phallus with an offer of masturbation. Worship his penis with sensual stroking. Adding a few drops of lubricant to the palms of your hands before you turn your attention to his shaft can heighten his pleasure. Start by cupping his testicles in your hand then running your fingers up to the head, where you can circle them around this intense pleasure zone. Now let your fingers slide down his member before gripping the base firmly. As your hand glides back up toward the head, slowly twist your hand back and forth to add pleasure to the sensitive sides of his penis. To bring him to climax, try a two-handed approach, placing one grip around the head and sliding it down the shaft to the base. As you near the base, start the same process with your other hand. This creates a continuous stroke that will make your lover cry out with satisfaction. Men, you can return the favor by bowing to the goddess within your woman and kissing her all over her body. Start by kissing her feet. Slowly move your sexy kisses up her ankles and legs. Progress to teasing her by gently biting her inner thighs before running

your tongue up the length of her vagina to her clit and then over her pelvis up to her navel as you pull yourself up by grabbing her luscious hips. Try alternating between soft kisses and slow, delicious licks along her torso up to and around her breasts and proceed to her neck. Once you are finally face to face “wow” her with one last passionate French kiss and then pick her up and carry her to bed.

Her Pole Story

Katie came to me with her husband with a desire to have more pleasure-filled sexuality. Katie also wanted to deal with her inhibitions about expressing herself in a sensual way with her husband. He complained that she never initiated sex. Katie was attractive but did not feel comfortable in her body. To address both issues, I advised her to try pole dancing. She immediately scowled. She was turned off by pornographic depictions of women involving pole dancing. I understood her feelings. But I discussed with Katie how she could take steps to reclaim what was once sacred and positive in the phallic dance. After considering it in this new light, Katie was game to try making pole dancing her own. The first time Katie tried dancing with the pole she felt the first inklings of excitement to move her body in a naturally sensual way, and as she did, she felt increasingly freed from her usual inhibitions. When she stopped dancing that first night, her body continued to vibrate. A wave of emotion came over her at having discovered a way back into her own body. As she talked excitedly about learning and practicing more pole dances, my only advice was that she let her heart lead, then allow her body to follow. Within a few weeks, she was opening up to her physical body and her sexuality in a new and confident way. She actually came on to her husband for the very first time.

"He spins gradually faster, as if by his revolutions he were connecting Heaven and Earth by actually turning the spirit through himself and down into the ground,

while his axis and heart remain absolutely still and his own spirit soars to its Divine Source."

Jill Purce, *The Mystic Spiral*

The Spiral Dance

History of Sex

In the ancient Middle East, certain people performed the spiral dance, in which dancers would spin and twirl around with wild abandon at a frenetic, dizzying pace. For instance, the whirling Sufis, who are generally believed to have originated shortly after the time of Muhammad near Basra, practiced their own version of the spiral dance. Their sacred dances of whirling movement were intended primarily to shed worldly concerns and enter an ecstatic state.

Reaching back even further, in approximately 6,000 BC in Catal Huyuk—what is now Turkey—goddess-revering women and men performed the captivating spiral dance of the labyrinth. The “labyrinth” referred to the intricate journey dancers experienced while twirling and spinning—spiraling inward to a place deep within their own psyche and then reaching out to connect intensely and intimately with each other. The intoxicating winding and unwinding spiral allowed dancers to surrender their ego and embrace their sexual nature. When spiral dances were performed, they were often combined with sexual rites.

Your Spiral Dance—Make It Your Own

The ancient spiral dance promoted an inner ecstatic journey as well as eroticism, but in

creating your own version of the dance, you can choose whether you want to focus solely on the physical side of the dance or take it to the next level with a more mindful approach. You and your lover can perform this ritual dance side by side, letting the pulsating beats of the music drive you both into a delicious frenzy. Giving yourself fully to the spiral dance inspires you to surrender yourself completely to your innate sexual energy and to your lover. By shedding every ounce of self-consciousness, you open yourself up to wild, primal mating possibilities that promise electrifying orgasms.

Take a Sufi Dance Lesson

A Sufi whirling dervish workshop can show you how to spin and twirl with abandon, allowing you to lose yourself in the dance and open yourself up to ecstasy. You may also want to try a “trance dance” class to help you and your partner learn to loosen up and let go of shyness while you dance. Some trance dance classes involve the use of a blindfold or a bandanna to cover the eyes. This can actually stimulate the sense of touch to an even greater degree, making every loving stroke or brush of the hand you and your lover exchange even more electric.

Hot Music Beats

Look for music with beats that will allow you and your lover to discover your own undulating rhythm for this sacred dance. Good selections include Middle Eastern world music and techno sounds if you’d like a more modern feel. Heavy percussion can help you immerse yourself in the dance and prime you for an extraordinary sexual adventure.

Dancing the Ecstatic Spiral

In a wide-open room, start slowly, whirling your body with your arms outstretched and your head reaching back. Close your eyes and feel the beats of the music you've chosen to help you find a natural rhythm as you continue to spin. When you begin to feel your sense of self dissolve, reach out to touch your partner and feel free to touch your own body as well to excite you both. If you're wearing clothes, pull them away or undress each other while you continue to move hypnotically and erotically.

As you dance the spiral in the nude, touch each other's bare bodies. Men, caress the nape of her neck, run your hands over her hips, and perhaps let your fingers linger seductively around her nipples. Women, run your fingers through his hair, touch his face, and let your hand journey down your lover's chest and around his waist and penis. This wanton touching will ignite a sexual fire within you both, turning your dance into an unrestrained foreplay session.

Slow your whirling so you can pull your lover close and press your pelvises together as you hold your hands on each other's hips. Then arch back and resume twirling slowly in a circle. In this erotic spiral dance position, you will feel your genitals rubbing against each other, sending tingling sensations throughout your bodies. Gradually move apart, and alternate spinning seductively alone and then sensually back together losing yourself in the erotic bliss of the moment. By now, your hearts will be pounding and you will both be breathing hard in anticipation of what's to come.

Spiral Sex on the Bed

Take your ecstatic dancing off the dance floor and continue your spiral love dance on the

bed. Embrace each other closely as you embark upon a hot, soulful kiss. Prolong the sensation of twirling by rolling together on the bed, taking turns being on top as you kiss and touch each other's erogenous zones. If you've both worked up a bit of a sweat during your dance, you may find it sexy to lick each other from head to toe, savoring the saltiness of your lover's skin. That glistening sweat also acts as a great lubricant and can be an enticing invitation for a unique kind of intercourse.

Making love to parts of her body other than her vagina, such as her breasts or inner thighs, can be just as exciting and surprising. Your spiral dance ritual is a perfect opportunity to give this technique a whirl.

Men, have her lean back against the bed's headboard with a few pillows behind her to prop her up. Straddle her torso and press her breasts gently around your erect penis.

Simulate the same thrusting motion you would use if you were penetrating her vagina.

The feeling of your penis between her sensitive breasts can create intense pleasure for her and for you. For many men, the sight of the penis enveloped by the breasts is one of the most visually exciting sex acts around. Don't be surprised if this position brings you to climax quickly.

To slow down the action, roll onto your back so she can take the woman-on-top position.

Women, lower yourself onto his aroused penis and start to move your upper body in big circles with your head tilted back, as if you were still doing the spiral dance. As your body moves sensually in this spiral sex dance, press your pelvis into his to stimulate the sensations in your clitoris to bring you to an intense orgasm. For him, watching you "spiral dance" with abandon on top of him will surely heighten his arousal and lead him to the ultimate climax.

With pure water will I cleanse you, and you shall be clean; from all your impurities will I cleanse you. A new heart will I give you, and a new spirit will I put within you.

Gathering of the Waters

History of Sex

Many ancient peoples viewed the body as a temple to be joyfully cleansed with water. The Hebrew word mikveh means "gathering of the waters." The mikveh in Jewish tradition is used as both a symbolic ritual and a practical method to cleanse a woman's physical body for romance and sexual relations and to mark pivotal moments in her life. For instance, before a traditional Jewish wedding, the bride has a mikveh where she is bathed and ceremonially blessed by her close female family and friends. A Jewish man traditionally uses the purifying bath as a way to cleanse himself of worldly concerns and prepare for the weekly Sabbath, which he views as the time to express gratitude to God for his material blessings and to make love with his wife.

During Biblical times, it was believed that by spending time engaged in bathing with groups of the same sex, men and women strengthened their collective male and female vigor so that when reunited with their spouses, they were better partners and lovers. In modern times, the bathing ritual has enjoyed a comeback as a rite for personal renewal and bonding within couples. For many couples, it is being enthusiastically enjoyed as a foreplay ritual before lovemaking. Here are some ways to adapt this ancient ritual for your modern sex life.

Gathering of the Waters—Make It Your Own

You can make this enchanting bathing ritual your own by following the basic steps

involved in the traditional mikveh: cleansing your bodies, letting go of everyday concerns, celebrating the moment, deepening your connection with your lover and renewing your desire for sex. To take advantage of this incredible ceremony, plan a bath for the two of you in your own bathtub or in a backyard spa. Take heart that you don't need an over-sized tub or Jacuzzi for your ceremony. In fact, a smaller tub may actually be preferable because it lets you and your lover get even closer to each other. Wherever your "gathering of the waters" ritual takes place, it will help to put you and your lover at ease physically, inspire romance and renew your sexual excitement.

Make Time

Schedule your bathing ritual as a weekly event or to mark pivotal key moments, such as date night, anniversaries or a renewal of your intimate commitment. Be available to let go—if you have a pressing deadline or some other unresolved issue, it is probably not the right time. Clear your desk so you're free to enjoy this love ritual in the water.

Make Your Bath Beautiful

Enhance the beauty of your space for the bathing ritual in a way that soothes and inspires you. Add flower petals or light candles to create a romantic ambience, or keep the space completely bare so the focus is solely on you and your lover. You may want to have music playing in the background, such as sultry songs like Marvin Gaye's "Sexual Healing" or Carla Bruni's "L'amour".

Bare Yourself in a Shower for Two

Each person enters the ritual naked. Remove all clothing, makeup, hair gel, lotions, jewelry, watches and eyeglasses. There should be nothing between your body and the purifying waters. If possible, shower together first to cleanse your bodies, before proceeding to the bath. Soap each other up and lather your lover's hair. Then watch as your lover seductively rinses it out. Use a mesh sponge to massage the soap into your lover's neck, back, shoulders, arms, breasts, belly, hips and inner thighs. The sexy, tingling sensations produced from the scrub will ignite arousal in your body from head to toe. Then rinse away the soap from each other's bodies.

You may also want to take this moment to kneel down in front of your lover as if you were at the alter of a temple and taste the wetness of your lover's vagina or penis with your tongue as the water rains down over the two of you. If you do, you may not make it to the next stage of the bathing ritual and decide to take your lover right here—an excellent option. But if you have the willpower to complete the bathing ritual together, it will be worth it.

Submerge Yourself Into Your Sexy Bath

To begin, step into the ritual water and immerse your whole body. Face each other and open your legs to each other. You may want to wrap them around your lover or extend one leg to either side of your lover and place your feet against the bathtub behind them. This sensational position literally opens you up to each other sexually. It will also offer you a natural moment to meet each other heart to heart and eye to eye during this ritual. As you let the warm water envelop your body, let go of what is weighing on your mind by massaging each other's temples sensually. Let go of what is weighing on your heart by

leaning back against the bathtub and letting out a sigh “ahhh”. Let go of what is weighing on your body by giving each other a teasing foot rub. While rubbing each other’s squeaky clean feet, you may want to celebrate this moment of togetherness by serenading your lover to express how you feel about them. If singing isn’t your best talent, perhaps slip their toes into your mouth and alternate sucking and nibbling on them to show them how you feel. For many people, the toes are highly sensitive and these irresistible lovebites will cause a stirring in the erogenous zones as you take this sexy celebration to the next level.

Throughout this erotic ritual, try to remain leaning back against the tub rather than clutching each other closely in a passionate embrace. Try to resist kissing each other and concentrate instead on holding your lover’s gaze the entire time. This idea may sound like it would take the fun out of the ritual, but it can actually heighten your desire, stir erotic sensations and increase your connection.

While leaning back, reach out to caress your lover, connecting with them on both an emotional and physical level. Men, let your hands massage her ankles, calves, knees and sensitive inner thighs before exploring her genitals with your fingers. Insert your middle finger into her vagina and massage her G-spot by making a “come hither” motion while you press your thumb against her clitoris. This sexy move will get her juices flowing and will renew her desire for intercourse, one of the goals of the traditional bathing ritual.

Women, place your hands on either side of the tub and raise yourself up so you can lower down onto his penis, then lean back again as far as is comfortable for him.

Perform gentle pelvic tilts to build sexual excitement. As you tilt your pelvis upward, contract the muscles within your vagina (the same muscles you would use to stop the

flow of urine) to tighten the grip on his penis. As you release the tilt, relax your muscles. Keep contracting and relaxing your muscles to produce an amazing pulsating sensation for him. This amazing move will spark his sexual vigor, which is another goal of the ancient bathing ceremony.

Men if you have your feet against the bath behind your lover, lift your hips and use your legs to move yourself in and out of her vagina, increasing and slowing the speed of your thrusting in intervals. Remember to continue looking into your lover's eyes as you bring your bodies towards each other and then pull them away. Women love this eye lock because it intensifies the emotional connection, and men find it incredibly erotic when a woman is confident enough to hold his gaze during intercourse.

Another benefit of this bathing ritual is that the soothing water around you can add a relaxing element to your lovemaking, encouraging you both to take it slowly. This can lead to a lengthier sex session that is ultimately more satisfying for you both. After you've both reached sexual ecstasy, you can both relax back into the bath for more meaningful intimacy.

Their Story: Renewal for Relationship

Lynn felt drawn to the bathing ritual of mikveh even before she and her husband Sam came up with a plan to mark 35 years of marriage by renewing their vows. Based on her exciting upcoming renewal ceremony, Lynn decided to prepare herself by going to a traditional mikvah. She would invite several women friends to accompany her. Lynn wanted to cleanse and to let go of any disappointments that had occurred over the life of her marriage and really open up and celebrate this new era for their relationship. Lynn's

friends helped prepare the setting by lighting candles around the mikveh water sanctuary. Lynn then entered the sanctuary and submerged into the "sacred pool." The women then gathered around the pool and played their guitars and sang beautiful songs serenading and honoring Lynn in the celebration of her ritual. Lynn says her mikveh was an amazing and valuable experience. It allowed her to arrive for her renewal of wedding vows ready to meet Sam with a clear mind, an open heart and a refreshed body. How romantic!

Chapter 5

Create Fertile Fantasies

**Inspired by the Greek Gods and Goddesses
of the Mediterranean**

Intro

Sex, beauty and erotic rituals played a very important role in the ancient civilizations that arose from the warm, crystal-clear waters of the Mediterranean and Aegean Seas. Set amid majestic mountains, miles of coastline, and gentle olive tree-lined hillsides, the ancient Greek and Roman cultures shared a great love for physical beauty and exhibited a fun, frolicking and free-spirited sexuality. Eroticism and beauty inspired their creativity and provided an outlet for the Mediterraneans to express a newfound sense of freedom and self-determination, two ideals that formed the foundation of Greek society and eventually all of Western civilization. To fully access their sense of freedom and creative juices, men and women of these ancient societies engaged together in rituals that were meant to provoke, inspire, celebrate and indulge their sensual and sexual nature.

Although there are no written records from the advanced Minoan civilization that existed from approximately 3,000 BC to 1,050 BC on the Greek island of Crete, beautiful imagery on frescoes, pottery and sculpture have led historians to believe that the people were joyous, sensuous and peace loving. They worshipped a goddess—a voluptuous mother earth and mistress of animals—who took many forms, such as a snake goddess, a butterfly goddess and a bird goddess. In the form of a snake goddess, she was typically depicted in their artwork with very ample, exposed breasts. Joining the sexy snake goddess in Minoan mythology were male gods, such as the virile solar bull god, who represented potent male sexuality. To honor these deities, the ancient Minoans are believed to have cavorted in fertility-inspired sexual fantasy rituals during which the men and women pretended to be animals having sex. The men would wear bull masks and the women would wear cow masks while they unleashed their wild, animal nature with erotic

dancing and intercourse.

Equally decadent festivals focusing on delicious carnal pleasures took place throughout the illustrious history of ancient Greece and Italy, starting in about the 6th century BC. For instance, the Etruscans of Central Italy celebrated the infamous Bacchanalian feast and introduced it to Rome in about 200 BC. These decadent, playful feasts typically involved mouthwatering dining, merry drinking, arousing music and uninhibited sexual activity. Thrown in honor of Greek and Roman deities and to celebrate seasonal holidays, these erotic parties involved male and female revelers feeding each other, playing games and watching each other engage in sexual relations before joining in the action. Men and women would freely engage in what modern-day people would call partner swapping. In other parts of the ancient Mediterranean, sexuality was expressed in erotic body art and sculpture. Ancient Greeks created artwork to depict their intense appreciation for the magnificence of the nude body—both male and female. Beginning in the 5th century BC, many ancient Greek sculptures depicted naked gods, goddesses and mortals. For example, sculptures of the goddess Aphrodite—who symbolized female perfection, sexual attractiveness and incredible beauty—are considered to be some of the most exquisitely stunning and sensual pieces of artwork in all of history. The male penis was also glorified in the ancient world and was prominently displayed in its erect and flaccid form in artwork that could be found on nearly every building and in every home. With erotic art so prevalent in society, Mediterraneans were always primed for a steamy sexual encounter.

The ancient world's reverence for beauty went beyond art. For Romans around 300 BC, it also translated to beautification rituals performed to make their own bodies as gorgeous

as possible. In an effort to entice and attract the opposite sex, Roman women and men went to great lengths to look seductive and desirable. Roman women created elaborate hairstyles featuring soft curls and used alluring cosmetics, tempting perfumes, ornate jewelry and revealing clothing to make themselves irresistible to men. Roman men paid close attention to personal hygiene, visiting gyms and spas for treatments that would make them more appealing to their wives and lovers. With this reverence for physical beauty, the act of preparing oneself for a date with a lover or a hot night of passion evolved into a highly pleasurable lovemaking ritual.

Adopting these ancient Mediterranean mating and sex rituals to your modern bedroom can be easy and fun. For instance, you can borrow from the sexually charged Minoan fertile fantasies in which participants would dress up like animals and have sex. You can be inspired by this to engage in a hot primal sexual fantasy of your own. By adopting from the decadent playful feasts of the ancient Italians, you can prepare aphrodisiacs and feast on your lover's body as dessert. In the way the ancient Greeks expressed their sexuality in their artwork, you can use sensual body paints to create erotic body art on your lover to get you in the mood for artistic sex. And just as the ancient Romans adorned themselves in reverence to beauty, you can transform yourself into a luscious-looking god or goddess for a night of beguiling lovemaking.

Fertile Fantasies

History of Sex

On the island of Crete, wild sex rituals were performed as a way to help the people understand the mysteries of fertility. Because the ancient Minoans didn't fully grasp the workings of human fertility, they didn't connect sexual intercourse with procreation. In fact, they believed that women were the sole source and creators of babies, which may be why females were so highly regarded in Minoan society. The Minoans, however, did feel an intimate connection with animals and they routinely observed snakes, monkeys, birds, lions and cows mating. The Minoans, who referred to their goddess as the "Mistress of the Animals," sensed that there was some connection between animals and the mystery of fertility, which is what inspired the Cretan fertile fantasy sex rituals.

Daily Minoan life was filled with erotic tension. The lovely women of the island of Crete enjoyed showing off their fertile femininity by wearing tight-fitting bodices to emphasize the luscious curves of their breasts, which they exposed for all to see. Men also dressed in scanty attire, wearing only loincloths that left little to the imagination. However during erotic festivities, the sexual heat would become more intense. The men would strap on bull masks, and the women slipped on cow masks for the night-time festivities, during which they danced and writhed like snakes, activating their wild sexual imaginations.

Taking these fertile fantasies a step further, the Minoans allowed their primal sexual nature to emerge, and libido-charged men began hunting the alluring women, who delighted in the chase. As the sexual tension mounted, the aroused animal masked men and women mated, enjoying unbridled fantasy sex.

This sexual ritual is ripe with sexual potential for the modern couple. Call on the powers of fantasy and animal behavior to bring out your wild side in bed.

Fertile Fantasies—Make It Your Own

Take a cue from the Minoan civilization and dare to act out some of your own fertile fantasies while calling on your primal instincts. Whether you've always wondered what it would be like to make love in public or have exciting, wild sex outside of your comfort zone, you and your lover can choose to tell your sexual fantasies to one another while having sex to make it even wilder or dare each other to act them out. There's no doubt that a thrilling adventure into the world of sexual fantasy can add a whole new dimension to your lovemaking.

Share Your Fertile Fantasies

Spend a sexy evening with your lover sharing your secret sexual fantasies. Revealing your secret desires to your beloved takes courage but know that doing so can enhance intimacy as well as your libido. You may find that simply talking about your private fantasies will arouse you both. It's possible that you and your lover may not share all of the same fantasies, or that you may have some fantasies that one of you isn't willing to enact. As long as you can agree on at least one new and exciting sexual adventure, you are set for some primal pleasure. For instance, you may both be turned on by one of the most common sexual fantasies: the idea of having sex in public.

Plan Your Fertile Fantasy

If you and your lover are excited by the risk involved in having sex in a public setting, choose a location that you both find thrilling, whether it's on top of a building or on the

beach. Plan your sexual escapade for a time of day when you are least likely to get caught “in flagrante.” Wear clothing that will arouse your lover and facilitate your outdoor adventure. Women, wear a skirt that is easy to pull up for wild intercourse when the mood and the right time strikes. You may also want to go without panties for your fertile fantasy. The slight breeze you will feel between your legs without underwear is sure to make your vagina tingle. Going “au naturel” will also add to the primal nature of your fantasy ritual, making you feel more sexually free. It also allows for quick access, which can be important when copulating in public. Men, choose garments that are easy to remove—pants without belts and shoes you can easily slip off are best. You may also want to experience the thrilling sensation of going without your boxers or briefs, which can stimulate your penis and testicles.

Act Out Your Fertile Fantasy

Head to your fantasy location together or arrange to rendezvous in your secret spot. Hand-in-hand with your lover, seek out a setting that's conducive to lovemaking. On the beach, that may be an area that's shielded by rocks or dunes. On a rooftop or a hotel balcony, a railing may supply the ideal support for wild, animalistic lovemaking. If you're at a party or social event, you might close yourselves in a bathroom or a guest bedroom without locking the door.

With so much anticipation building up until this point as well as the sense of danger you'll be feeling, you can bet that you will both be breathing hard and tingling all over. Kiss each other passionately, allowing your tongue to explore your lover's mouth. Let your hands roam up and down each other's bodies as you press closer to each other.

Women, let your hand slide down from his chest to his pants and rub his penis through his clothing. Since he isn't wearing any underwear, this should get him aroused quickly.

Men, cup her breasts with both hands and bury your face in her cleavage, letting your lips and tongue explore her bosom.

Men, lift up her skirt and feel her sexual juices as you rub your fingers against her labia and then insert one or maybe two into her vagina. Move your fingers in and out of her vagina to stimulate her and increase the wetness. Then shift your fingers to her clitoris and massage her until she is about to orgasm. If she requires clitoral stimulation for orgasm, you may want to bring her to climax now to ensure her pleasure.

Women, unbutton or unzip your lover's pants and push your hand inside to touch his penis. Rub your hand along the shaft and down to his testicles. Massage them while he is caressing you and then run your hand up and down his shaft. While you manually stimulate each other, you will probably be tempted to keep an eye out for anyone in the vicinity, which can add to the excitement that's building between you.

Let your primal instincts guide you from here. Men, imagine that you're a wild bear or a charging bull and take your lover sexually. If you're on a rooftop or hotel balcony up against a railing, turn her around so she's facing away from you and have her bend over the railing so you can enter her from behind and mount her with the passion and momentum of beautiful animals in the wild having sex. This position offers deep penetration for him and massages her G-spot, which can lead to a lusty climax for her. To a passerby below, it may simply look like the two of you are enamored, gazing out at the vista.

Their Sunset Fantasy Story

Jack had many sexual fantasies that he had never shared with Laura because he was afraid that she might disapprove. The fertile fantasies of the Minoan civilization gave him the courage to bring up the subject with Laura, and to his surprise, he discovered that she had a very active sexual imagination of her own. They spent an enjoyable morning describing their fantasies to each other in bed and ended up creating a juicy one together. They made a plan to actually make it happen. The next weekend Jack, an experienced sailor, rented a sailboat at a nearby marina. Jack and Laura set sail for an afternoon adventure. The first part of the fantasy required total nudity once they were out at sea. The idea was to have nothing separating their bodies from the elements of sea, sun and breeze that would produce a natural physical arousal. They buttered each other with sun tan oil and settled in for a couple of hours on deck of luscious tanning, touching and oral sex. The typically conservative couple found the threat of another boat passing close by very stimulating. Just before sunset, after having experienced such delicious extended foreplay, they felt completely aroused, relaxed and open to more. At the highest point on deck Jack leaned her back against the mast below the billowing sail and entered her. They made passionate love to each other with the wind blowing through their hair and the sun setting on the horizon between them.

Decadent Playful Feasts

History of Sex

In ancient Roman and Greek times, decadent feasts held in honor of lusty and gorgeous gods and goddesses often transformed into wild orgies. Take the Etruscan festivals called

the Bacchanalia, for instance. Held for the god of wine Bacchus, these events attracted the Central Italian society's elite. Men and women of honorable stature discarded their everyday robes for these erotic festivals in favor of dressing in sexy, revealing animal skins. In their alluring attire, the Etruscans drank lustily and sensually fed each other succulent meats, fruits, cheeses and sweets. The raucous celebrants also played provocative games, in which the men and women would exchange clothing, seductively disrobing and then dressing in a strangers clothing to turn each other on.

Eventually, the partygoers shed all of their garments as well as their sexual inhibitions. After they were completely nude, the feasting revelers turned their attentions to each other. Men and women partook of each other sexually while other celebrants watched with voyeuristic pleasure. The intensely aroused Etruscans considered these celebrations a commitment-free zone and men and women were equally free to enjoy partner-swapping throughout the night.

To get a taste of decadent playful feasts, it is not necessary to engage in partner swapping unless that appeals to you. You can recreate your own intimate orgy just for the two of you. Simply focus in on the feasting aspect of the festivities. Prepare aphrodisiacs and spread delectable foods on each other's bodies that can be licked off or sensuously nibbled on. A sexy feast is an ideal prelude to orgasmic and delicious oral sex and a night of trying new things.

Song for Bacchus

Here are Bacchus, Ariadne,

Lovely, burning for each other:

Since deceiving time must flee,

They seek their delight together.

These nymphs, and other races,

Are full of happiness forever.

Lorenzo De Medici

Decadent Playful Feasts—Make It Your Own

You can infuse the erotic and fun essence of the Bacchanalian playful feasts into your own lovemaking rituals. Just like the Etruscans did thousands of years ago, you and your lover can savor delectable foods and fine wines before you feast on each other. When you combine the sensual pleasures of eating with lovemaking, you will have a mouth-watering experience that will leave you both sexually sated.

Feast on Aphrodisiacs

Named for the Greek goddess of love, Aphrodite, aphrodisiacs have been used for thousands of years to ignite the libido and intensify sexual pleasure. These potent love tonics include a vast array of delicious foods, herbs, spices and drinks. Many delicacies considered aphrodisiacs are foods you may already have in your kitchen, such as chocolate, strawberries, peaches, raspberries, pineapple (rumored to make a woman's love juices taste even better), asparagus, cucumbers, bananas, avocados, tomatoes (called "love apples" in ancient times), nutmeg, vanilla, honey and basil. Tasty and tantalizing tidbits that may require a trip to a gourmet market include oysters, mussels, caviar and truffles. Partaking in some of these delectables can help put you and your lover in the mood for a night of scrumptious sex.

Prepare a Feast

Sometimes, you can have almost as much fun preparing your erotic banquet as you can consuming it. Consider cooking in the nude to arouse your sexual appetite or dress scantily, wearing nothing more than an apron, a short nighty or some pajama pants. Like the Italians who swapped clothing during their Bacchanalian feasts, you can choose to be cheeky and dress in each other's clothes. As you slice and dice foods, feed each other little nibbles with your fingers and then lick any last flavors from each other's lips.

Women, if you're including aphrodisiacs like bananas in your feast, take advantage of their phallic shape to give your lover a demonstration of what he can expect later. Unpeel the banana slowly and sensuously, run your tongue up and down the banana and circle its tip with your tongue. While holding your lover's gaze, seductively place your lips around the banana and slide it deep into your mouth. Pull it out and, take a little bite out of the end and then offer a taste of it to your man. Men, give your lover a hint of what you'll be doing to her later by dipping your forefinger and middle finger into some honey or a bowl of whipped cream and sucking them. Run your lips up and down your fingers as you taste the sweet nectar, flicking your tongue on the tips of your fingers as she watches you.

When your decadent feast is ready, arrange your aphrodisiacs on a table or spread your succulent buffet on a blanket on the floor. Forget about utensils – it's fingers only for this luscious and sensual dining experience. Pour some wine or a nonalcoholic beverage so you can drink like the ancient revelers did at the Bacchanalia festivals. Dim the lights, and put on some sexy music that moves you both as you begin your feasting ritual.

Feast on Your Lover's Body as Dessert

Feed each other, licking off your lover's tasty fingers after each morsel. Savor each and every bite of food, enjoying the flavors, textures and smells as you consume them. Take one of the fruits, such as a strawberry and place it partially in your lover's mouth with your fingers then lean in and take a bite yourself so your lips meet as you bite down into the juicy fruit. Gently nibble each other's lips to catch any remnants of the strawberry.

You can also take a long lick of caviar from a spoon and place your caviar-coated tongue in your lover's mouth for a deliciously decadent shared French kiss.

When you're ready to shift the focus from feasting on the foods to feasting on each other, slip out of your clothes and consider beginning with a sweet game. Just like the ancient people liked to play sensually charged games at decadent festivals, you can have fun with some provocative games, too. For example, you can play a sexy match of tic-tac-toe on your lover's body, drawing lines with chocolate sauce and placing strawberries or raspberries to represent the "O" and two criss-crossed pineapple slices to symbolize the "X". The winner gets to be serviced first sexually.

If she wins, men, pour a trail of warm chocolate or spray whipped cream on her body leading from the neck and down the chest to around her breasts and nipples. Use your tongue to lap up the sweetness and suck gently on her nipples to excite her. Turn up the heat on your body as dessert ritual by trickling the syrupy stimulant down her belly onto her inner thighs. Remember that sugar can encourage the growth of bacteria and yeast, so it's best to avoid drizzling sweets directly on her vagina. Starting at her tummy, lick your way slowly to her tastiest spot. Linger on her inner thighs, kissing, sucking and nibbling while your hands wander up and down from her hips to her knees.

If you want to try something really new, place her in a swing that hangs from your bedroom ceiling and kneel between her legs and gently spread her labia. Slowly lick the tender tissue around her clitoris while you grip her hips. Slowly push her away and pull her toward you in the swing, teasing her with your tongue each time she's pulled toward you. Let your tongue slip down into her vagina and feast on her delicious nectar. Move your tongue up to her clitoris and circle your tongue around it. Bring your lips around it and suck ever so gently, paying close attention to her reactions and pulling away if the sensation is too intense for her. Rub your tongue directly on her clitoris, licking it in slow strokes at first. When she begins writhing in pleasure, speed up the tempo. Or move your tongue back inside to stimulate her G-spot located approximately a couple of inches from the opening of her vagina on the top wall, utilizing a come hither tongue motion until she experiences an intense orgasm.

Women, after you've climaxed, turn your attention to your lover. Drizzle one of your favorite aphrodisiacs on your man's chest and abdomen, then lick him clean, stopping to nibble on his nipples. Make another tasty trail that leads from his feet to his inner thighs, savor it with enthusiasm. In general, you can put delectables like whipped cream directly on the penis as long as you don't insert it into the opening, so go ahead and douse your lover's penis, which will most likely be fully aroused by now.

Sit on the swing while he stands in front of you with his erect penis about the same height as your mouth. Push yourself forward and back slightly, running your tongue up and down his erect shaft, savoring the taste. After you've consumed the aphrodisiacs off of his penis, circle your tongue around the head as you grasp the base with your hand. You may want to add some honey onto your hand to make it glide more smoothly up and

down his penis while your mouth is centered on the head. Place your lips over the head and suck and flutter your tongue while your hand continues to work up and down rhythmically. As you take more of his penis in your mouth, use your tongue to lick the sweetness, a move that will intensify his pleasure. Continue in this way until he reaches a delicious orgasm. After you've both reached climax, you can continue your decadent feast with other tasty treats.

Erotic Body Art

History of Sex

A fascination for the beauty of the nude human body is evident in the erotic body art of ancient Greece. Stunning sculptures were created to honor the gods and goddesses, but they were also a way for Greeks to appreciate and glorify the male and female form.

Nude sculptures, such as those of Aphrodite, represented the ideal female form and inspired desire and lust in Greek men.

The Greeks' interest in the human form also included an intense fascination with the phallus, a symbol so common in ancient artwork that it could be seen almost everywhere in major cities. For instance, architectural pillars featuring penis sculptures could be found throughout the ancient world. These artworks were the Mediterraneans' first sex symbols and natural sexual enhancers for its citizens. Nude satyrs—always depicted with erect penises—were commonly painted and etched on vases and frescoes as a symbol of male sexual potency. The seductive female form was equally prevalent throughout the ancient Mediterranean, arousing appreciation and sexual desire in all those walking by. You can show your appreciation for your lover's body and sexuality with your own brand of erotic body art. If you have an artistic flair, consider painting nude portraits of each other as a unique prelude to sex. Or simply use body paints to express your passion for one another by sensually brushing luscious, liquid paint all over each other. In creating your erotic masterpiece upon your lover, you will tease and arouse each other's bodies and set the tone for a provocative artistic lovemaking encounter.

Erotic Body Art—Make It Your Own

You don't have to be a trained artist to create your own erotic body art. In fact, it doesn't matter if you can't even draw a straight line. All you need is a willingness to express your appreciation for your lover's beautiful nude body. Whether you choose to paint a portrait of your beloved in the buff or to spread colorful body paints all over each other, you will

uncover a sense of creativity that will infuse your lovemaking with originality and inspiration. On a physical level, body painting involves a lot of sensual touching that will send electrifying feelings throughout your bodies, turning up your anticipation and enjoyment of sex.

Choosing Body Paints and Brushes

When it comes to body paints, you have many options. Head to any adult store or surf the web to find a palette of pleasurable possibilities. Among your many choices are glow-in-the-dark paints, black-light paints and edible body paints. Edible varieties come in a number of delectable flavors, including blueberry, grape, banana, lemon, cherry, lime and chocolate. You may want to try several of these yummy paints for a sensual and oral delight. Remember that some edible body paints aren't flavored and don't taste good. For artistic types who want to paint a portrait of your lover, you can use the body paints or traditional paints and a simple sketchpad.

To apply body paints, you can use all sorts of materials, including paintbrushes, sponges, feathers, flower petals and even your fingers. Consider using a variety of these objects for your erotic body art session because the different textures will create a variety of sensations that will titillate your lover and heighten their enjoyment. For instance, the sensation of the fine brush hairs can be very stimulating while the touch of a feather dipped in paint can elicit soft moans.

If you want to get really creative with your artwork, you can also use body painting transfers and stencils to design intricate butterflies, hearts, wings, flowers, stars, dragons and more. Don't feel like you have to draw something spectacular, though. In fact, it

really doesn't matter what you paint. The main idea is to use a lot of different textures and strokes to tantalize your lover's body. Expressing your sexy artistic vision of your lover is bound to open their heart, too.

Create a Sexy Art Studio

Before you begin your erotic masterpiece, lay down an old sheet on the floor, the bed or wherever you plan to have your passionate painting party. Place all of your luscious paints and your array of brushes and other titillating application objects where you can easily reach them. You may want to put a few damp washcloths or a towel nearby in case you want to wipe away a painted image and start over. Get in the mood for your creative and artistic encounter with the right lighting and mood music that inspires you.

Paint Your Erotic Masterpiece

Just as the nude body was the focus of the artwork in ancient Greece, your naked bodies should be the canvas for your sexy creation. Both of you should shed all of your clothing, doing a slow striptease for each other to get things started. As you both strip, strike seductive poses, the way a model would for an artist. This can make you both feel sexy and will increase visual stimulation for your partner.

Embrace your role as a sultry artist and have your lover either stand or lie down for your painting ritual. Standing allows you to paint your lover on all sides without smearing the paint. Think of what you'd like to paint that will symbolize your immediate sexual and loving feeling for your lover—it can be as simple as a delicate flower that represents her genitalia or as elaborate as your imagination allows, such as intricate wings on his back

and shoulders or flames upon his hips and around his penis, representing a heavenly lover on fire sexually. If you don't want to create a specific image, you can just make a series of shapes, such as wavy lines, circles, arrows and zigzags that will be very arousing. You can also use this erotic body art ritual to express something in writing on your lover's body, such as a single word like "Lover" or "Orgasmic" that expresses your limitless adoration. Or you can write a steamy poem that starts on one side of the body and goes around to the other side or that goes up one limb and down the other.

Whatever enticing image you choose to portray, take your time and make the experience as sensual as possible. Apply the paint to as many areas of the body as possible to increase the pleasure for your lover. Try starting with your lover's hands and arms.

Choose one of your brushes, dip it in the paint and use broad, firm strokes that go from the hand, up the arm, over the shoulder and onto the neck. Using that same brush, shift to the opposite shoulder and trail the brush down the arm onto the hand, this time using a light touch that will make your lover's body come sexually alive. .

Now take another object, such as a flower petal, and dip it in the paints. Starting at the feet, touch the petal ever so lightly against your lover's skin and brush it in fluttery touches up the legs. Take the petal around to the sensitive area behind the knees and then up the thighs with quick flicks. With the wet dripping flower petal barely touching their skin, your lover will be quivering with anticipation.

Use your fingers next to apply long passionate streaks of paint, swirling them in long, teasing waves over their back and around the torso to their chest. Move your index finger to their forehead and trace a bold painted line down their nose to the Cupid's bow above their lips. Then lift your finger and start again at their chin, making your way down the

neck. Men, trace the curves of her breasts and circle around her nipples but don't touch them yet, making her yearn even more for that artistic touch. Women, do the same to your man, letting your fingers work around his pecs but refrain from touching. In this indulgent ritual, it's best to let your lover's anticipation build before you paint the erogenous zones.

Then reach for the feather. Dip it gently into the paint so it only gets a hint of color. This will help keep the individual feathers separate, which will produce the most tantalizing sensations and emotions. Retrace the painted areas of your lover's body, barely letting the feather caress the skin. This produces an exquisite feeling, awakening tingling pleasure throughout the body. With the feather, tickle your lover's nipples and watch them respond. Hover the feather, letting it brush ever so slightly on their skin as you pass it down their belly and onto their thighs. By now, your lover will be aching for you with intense desire. You can take each other now but if you can hold off the mounting passion and trade roles so your lover can paint your body, it will be well worth the wait.

As you paint each other, you will become so highly aroused that you will be tempted to paint your lover's genitals. In general, body paints can be safely applied to the penis, but they aren't intended for internal use so avoid placing them on the vagina. And if you do get creative with some artwork on your lover's penis, make sure that he washes it with soap and water before you make love.

Have Artistic Sex

When you can't hold back any longer, wash your hands with soap and water and then let the passion take over. First stand back and admire your sexy creations. You may also

want to stand side by side in front of a mirror admiring your lover's creative vision on your body. Watch each other become more and more aroused by the way each of your bodies look. Right in front of the mirror, men, sit down on the floor or bed with your legs crossed. Women, sit on his lap facing him with your legs wrapped around his back and lower yourself onto his erect penis so that it places indirect pressure on your clitoris and stimulates the back of your vagina. Hold onto each other's shoulders or torso as you rock back and forth and make circles together. With this face-to-face position, you can continue to savor the beauty of your lover's nude body as it undulates with intense pleasure. In addition, this delicious position allows her to stimulate her genitals against his shaft for exquisite pleasure.

Use your mirror to admire your artistry and use what you see to increase your hot physical movements. Women, turn around into a squat position with hands down at the side and your back facing his torso. Use your thighs and arm strength to move up and down on your lover's erect penis. Men, grab her lower waist and hips to help her move in this hot sensual way. Feel your arousal reaching higher as you watch your sexual movements in the mirror. Men, you may want to push her gently onto all fours and take her from behind activating intense sexual stimulation for your penis and another exciting angle for viewing your artistic sex. Men, keep penetrating, changing your strokes between deep and shallow, until you both cry out in orgasm catching each other's eyes as you bring your sexual masterpiece to climax.

Reverence for Beauty

History of Sex

Revered for her exquisite beauty, the goddess of love Venus represented the ideal woman in ancient Roman society. Mere mortal women in ancient Mediterranean times primped and pampered themselves in hopes of becoming as beautiful as this goddess in an effort to tempt their husbands and lovers. Just like modern women today, the women of the

ancient world used lotions, potions and perfumes to make themselves look sexier and more attractive to the opposite sex. Women used ancient versions of curling irons and hair extensions, along with wigs and hairpins to fashion exquisitely elaborate and alluring hairstyles. In addition, they used hair dyes and bleaches to give their manes a reddish tint that Roman men found irresistible.

Ancient Roman women also used a variety of cosmetics and skin care products to enhance their feminine appearance. Sensual substances, such as honey and olive oil, were used to moisturize the skin and give it a lustrous sheen. Fragrant oils dabbed on the neck, wrists and other intimate areas of the body gave the women an intoxicating scent.

Powders were used to lighten the face, eyes were outlined with shadows, cheeks were touched with a form of blush and lips were brushed with a mix of bees wax, olive oil and redding. Before a night of passionate lovemaking, Roman women might remove unwanted hair by dripping hot candle wax onto their inner thighs—very similar to today's bikini wax.

Roman men took equal pride in their appearance, grooming themselves to be as desirable as possible. To the delight of their wives and lovers, Roman men shaved their beards, creating a smooth and infinitely more kissable face. Some men took hair removal even further, and it's said that Julius Caesar routinely had his chest hairs plucked to make his nude torso even more attractive. Roman men also made it a practice to visit gyms, where they exercised their bodies to improve their muscle tone and strength, something that gave them more stamina in the bedroom. Spas offered men a wide variety of sensual treatments—from hair styling to rub-downs—that made the sexy Romans feel and look more virile.

Just as the ancient Roman men and women tried to make themselves as attractive as possible, you and your lover can enjoy the sensual pleasures of beautification. By spending the time to make your hair, skin, fingernails and the rest of your body gorgeous, you will arouse your mate and will feel infinitely sexier. When you feel and look like a dazzling god or goddess, you can turn up the sexual heat rapidly for a fast and furious quickie or a long and luxurious sex ritual with great feasting for each other's eyes.

Reverence for Beauty—Make It Your Own

Turn an ordinary evening with your mate into an extraordinary sexual encounter by demonstrating your own reverence for beauty. Men and women, create your own beautification ritual to make everything from your head to your toes look stunning. And don't forget to slip into something that's outrageously sexy, such as crotchless underwear or a garter belt for her. With your enhanced appearance, you will arouse your mate and will feel infinitely sexier. And that means your evening will start out with the both of you already on "hot".

Worship Your Beautiful Lover with a Reverence for Beauty

When you first lay eyes on your lover for your special evening, take the time to appreciate how beautiful they look and be generous with your admiration. Letting your beloved know that you find them irresistibly attractive increases confidence and is likely to make them more adventurous when it comes time for lovemaking. If your lover tends to be a bit stingy with compliments, point out some of the things they might find

attractive. For example, a woman might say, “I wore my hair down the way you always ask me to. Do you like it?” A man might point out that “I put on your favorite cologne. How does it smell?” Most likely, this will elicit a favorable response, which can set the tone for a hot and sultry evening.

As you’re out for your date, women can give a lover fleeting glimpses of your sexy lingerie. In the car or in the backseat of the cab, shift your blouse to reveal a peek at your breasts and your sexy bra. While seated across from him, cross and uncross your legs (remember that famous scene from *Basic Instinct* with Sharon Stone?) to give him a view of your lingerie or of your finely groomed vagina if you’re wearing crotchless panties. This will excite him and will make you both envision the wild sex you will be having later.

Touch each other often with quick caresses that arouse and tease your lover. Men, touch her hair as you tell her how beautiful it looks, or run your fingers up her smooth legs as you’re seated next to each other. Women, when no one is looking, grab his buttocks or place your hand fleetingly on his pants directly over his penis. These not-so-innocent touches will have you both juiced up and ready for the throes of passion when you finally find yourselves alone.

Take Your Venus or Adonis at the Door

Once you are in private, you will already be geared up for sex. That’s because the reverence for beauty ritual is actually a sort of extended foreplay that gets you in the mood. In fact, you may only make it inside the front door before you start tearing off your clothes for a fast and furious quickie.

Men, push your lover up against the wall and kiss her passionately. Pull her hair gently as

your tongues dance in each other's mouths. Run one hand up to caress a luscious breast while you place the other arm around her waist and pull her tightly toward you. Feel her back arch and her hips meet yours as she moans in pleasure. Unbutton or unzip her clothing and let it drop to the ground but have her keep her high heels on. Take a step back and admire how delicious she looks in her lingerie as you shed your shirt and pants. Give her a moment to take in your gorgeous appearance before you drop your underwear to the floor. Let her keep her sexy lingerie on as you move back in for another passionate kiss. Push her bra over a bit to reveal her hardened nipples and rub them with your fingers before moving your mouth down to lick and suck on them.

Women, move one hand down to grab onto his erect penis and press it up against your vagina, indirectly stimulating your clitoris. Lift one of your legs up to wrap around his thigh or waist and grind your pelvis into his erotically. Men, push her panties to the side, or if she's wearing crotchless underwear, just enter her vagina for some thrilling intercourse. Women, you may feel so hot by now that you'll want to move your hand down to stimulate your clitoris while he thrusts, pushing you against the wall.

Men, pick her up with both arms holding her below her buttocks while she wraps both legs around you as you penetrate her. Keep thrusting as she leans back in pleasure and admire how unbelievably amazing she looks with her breasts spilling out of her lingerie. To help bring her to orgasm, rotate your hips and circle your penis around inside of her as you firmly hold her hips with your palms. This will drive her wild. With your passions ignited so deeply, it won't take long before you are both experiencing the most exquisite sexual pleasure. After you have both reached orgasm, take time to notice how beautiful you both look with that post-sex glow.

Their Dressing for Sex Story

Ted was notorious for getting into bed in old t-shirts while Ann generally wore pajamas and a facial mask. Their dress code did not lend itself to sexual desire—in fact, it made them move a couple of feet away from each other in bed, which lowered the chances of making love. My suggestion to them was to try getting into bed dressed for sex at least a few times a week. They each discussed the way they would like their lover to look in bed. The next week, they both kept their commitment to dress for sex. Both took a shower before bed, washing with a scented soap that would be attractive to the other. Ann came to bed completely nude with her hair brushed out in waves instead of pulled back in a headband, and she didn't wear the facial mask. She also threw on a seductive necklace Ted had bought for her that hung down just between her breasts.

Ted washed his dark hair and brushed it back wet, shaved his face smooth and put on a sexy pair of underwear and nothing else, giving him a very Italian look, which he knew turned her on. That night, their reverence for beautifying themselves naturally lent itself to wanting to be very close to each other in bed and yes, having yummy sex.

Chapter Six

Enchant Your Heart

with the Romantic Chivalry of Medieval Europe

Intro

The 12th century AD ushered in a glorious age of chivalry, romance and courtly love to Medieval Europe. At the heart of this movement were the legendary chivalrous knights, who spawned the tale of Lancelot and Guinevere and fought noble battles throughout the land in the name of Christianity. The knights' primary mission was to wage war against infidels. Their quest for victory on the battlefield, however, was surpassed by one thing: their desire for true love. In fact, these valiant soldiers of God believed that love was the spark that fueled their courage and bravery.

Because love was so important to them, these heroic knights sought inspiring ways to woo the ladies they desired. They discovered a number of such enchanting romantic customs, including a lofty reverence for women, a passion for poetry and a fondness for ceremony, on their epic journeys throughout the exotic worlds of Eastern Christendom and Arabia. When the courageous knights returned from these expeditions to the Romanesque stone castles of feudal Europe, they brought many of these passionate traditions with them.

A knight would use these newfound romantic arts to profess his affection and to win the heart of the damsel he desired. Just as he had to be courageous in the theater of war, he had to be equally brave in the arena of love, boldly expressing his feelings to his fair lady. His chivalrous conduct, gallant gestures and refinement signified the heart of the lover, which was believed to be a knight's true nature. By fully embracing his role as a lover, a knight could prove himself worthy of a lady's admiration, which would, in turn, inspire him to great deeds.

One of the most expressive ways a knight could convey his devotion to a woman was

through love poetry, one of the amorous arts the knights first encountered in Arabia. As the Middle Ages progressed, knights and ladies both would try their hand at writing poetry that explored the depths of their desire for their beloved. These revealing lyric verses were set to music and sung by troubadours for the kings, queens, knights and ladies of the royal court. The alluring tales of unrequited love and true love found were so enticing that they served as a form of poetic foreplay for the knights and ladies, who could hardly wait to consummate their intense desire for each other.

This newly heightened interest in the subject of courting love eventually developed into court games, in which knights and ladies would engage in impassioned discussions about the psychology of love and the proper ways to behave in various romantic situations.

According to some sources, this evolved into what was known as “Courts of Love”, in which suitors would approach the queen of the court to solicit advice on romantic affairs.

In the field of court games and love, the fairer sex definitely had the upper hand during the Middle Ages. It was the women who set the rules for all of their court games and who decided how suitors should conduct themselves and what deeds they would have to perform in order to win a lady’s favor. By setting the ground rules, these fair maidens were guaranteed to have their most intimate desires met.

To live up to a lady’s lofty expectations, a knight felt compelled to embark on adventurous quests. These risky expeditions were recounted in numerous medieval romances, in which heroic knights had to overcome obstacle after obstacle to slay evil monsters and thereby, win the favor of their lady. The knights’ thrill of exploration spilled over into their love lives, inspiring them to experiment with passionate lovemaking and adventurous sex.

Let the chivalry and gallantry of the Middle Ages serve as inspiration for your own love life. Men, take a cue from the knights of the 12th century and win over the woman you adore by throwing yourself courageously into your intimate encounters with the heart of the lover. Continue following the knights' lead by experimenting with new and exciting ways to woo your beloved. For example, try using powerful poetic foreplay as a way to ignite her desire. Women, you can follow the example of the fair ladies of the Middle Ages by creating a courting love ritual that lets you take the reins in the romance department. And like a chivalrous knight, men, you can set out on an exploratory quest—only instead of seeking to slay dragons, the goal of your pursuit can be adventurous sex that will drive you both wild.

The Heart of the Lover

History of Sex

In medieval times, knights made valiant efforts to prove to their ladies that they possessed the heart of the lover. Being perceived as a lover elevated a knight in a woman's eyes, increasing his chances of winning her favor. Because of this, brave knights would put their whole heart into their romantic pursuits. They would go to great lengths to court the woman they desired, acting as chivalrous as possible and performing gallant deeds for her. These brave men were more than willing to put their hearts on the line to find true love. By showing this much courage as a lover, a knight would often win a lady's affection.

The courageous courting rituals that demonstrated the heart of the lover of those 12th century knights have modern-day applications, too. Men and women today can learn and benefit from the act of wholeheartedly pursuing your lover. By having the courage to express your passion for your romantic partner both emotionally and physically, you are guaranteed to increase sexual desire and excitement in the bedroom.

“No knight can be brave unless he is in love, love gives the knight his courage.”

Lecoy de la Marche, *A. La Charre francaise au moyen age*

The Heart of the Lover— Make It Your Own

All you need to create your own heart of the lover ritual is courage—courage to pursue a loved one, courage to open up emotionally to your lover during sex and courage to increase the heat in your lovemaking. Whether you're a man or a woman, you can call on this courage to fuel your passion and take your sexual interludes to new, emotionally charged heights.

Give Yourself Wholeheartedly to Lovemaking

For your heart of the lover ritual, you'll need to give yourself wholeheartedly to your sexual and emotional relationship with your lover. If you're like a lot of people, you may feel reluctant to put your heart on the line when it comes to romance because it makes you feel vulnerable. Rather than shielding your heart out of fear of rejection, have the courage to take the plunge by relaxing any tension in your chest as you embrace and open your heart completely. Instead of guarding your feelings, be willing to share your emotions and your body with your beloved by approaching your lover without hesitation, expressing your tremendous passion and allowing your whole body to melt into theirs. For inspiration, think of the way those medieval knights courageously put all of their efforts into winning the heart of a lady and make a supreme effort to woo the one you love. Consider how an Olympian is focused on a singular goal and pursue the object of your desire with the same sort of discipline. Think of how a firefighter races into a burning building when everybody else is running away from it and have the courage to leap headlong into an emotionally charged sexual relationship. When you give yourself wholeheartedly to your lover, you'll be rewarded with deeply emotional sexual encounters that bring a more meaningful connection and heightened intensity.

Use Your Body to Be Emotionally Courageous During Sex

To embrace the heart of the lover, you have to be as emotionally courageous as a

medieval knight. Being emotionally courageous during sex, however, doesn't mean that you have to talk about your feelings while you make love. In fact, you can say a whole lot more with your eyes, mouth and body than you can with words. Use your body to communicate your emotions to her—pull her warm body close to yours, lock eyes with her as you kiss her passionately and stroke her hair lovingly. Peel away her clothing slowly, undoing her top so it falls away to reveal her sexy shoulders. Give her gentle love bites on her shoulders as you unhook her bra to expose her bare breasts. Like a knight, express your intense admiration for her with your eyes and with tender caresses and kisses on her curvaceous breasts.

Keep pulling off her clothing and your own until you are both completely nude. Worship your lady by letting your loving touch and gentle kisses roam over her entire body. By expressing your deep appreciation for her, you will ignite her desire. When your unrestrained foreplay has her begging for more, take your lovemaking to a new level. Don't wait until you both go to bed to get things going like you normally would. Instead, sweep your lover up into your arms and whisk her off to bed. As you make love, communicate your heart through your eyes and in the expressions of love and desire on your face. Kiss your beloved with fiery passion. Run your hands along your lover's silhouette to communicate your adoration and grab their buttocks as a sign of affection. As you intensify your lovemaking clasp your lover's shoulders with strength and tenderness or dig your fingernails into their back to reveal the depth of your emotion. The key to being courageous during sex is to open your heart and give everything you've got. Be fearless and don't hold back during a sexual interlude. It will help you feel more connected to each other, will increase your desire and will ultimately bring you more

pleasure.

Raise the Sexual Bar

In addition to being emotionally courageous, your heart of the lover ritual encourages you to show more bravery in your sexual encounters. Forget about your normal lovemaking routine and those favorite positions you use all the time. Be bold and raise the bar on your sexual experience. Challenge yourself to try an exciting position you never thought you could do. Be willing to get more athletic as you make love so you build up a sexy, glistening sweat.

Men, take on the role of a courageous knight for your heart of the lover ritual. Instead of making love in a reclining position on the bed, get more physical. Pick her up off the bed and carry her to a nearby doorway where you've installed a horizontal exercise bar that can be used for pull-ups. Have her place both her hands on the bar so her body is stretched out beautifully before you. Admire her gorgeous body with your eyes and devour her again with your mouth and tongue. Kiss and lick your way from her hot mouth, down her neck and abdomen to her genitals. Tease her with your tongue as she arches her back in pleasure as she hangs from the bar.

Come back to your feet and let her wrap her legs around your waist as you face each other. After you enter her, get really physical and place your hands on the bar as well and hang from it so you feel your weight and hers pulling on you. The tension in your arms will create a challenge that will get your hearts pumping and will intensify the physicality of your union. In this athletic position, the man can come from underneath and angle his penis upwards and shift his weight from the heels to the balls of his feet to create a

dynamic thrusting motion. It also allows her to grind her pelvis and clitoris against you, creating a stimulating sensation for her.

It probably won't take long in this position for the sweat beads to appear on you both.

Lick the salty droplets off each other for a tasty treat, and when you can no longer support yourself on the bar, let your feet come back to the floor. With her arms still on the bar, let her continue to rub her pelvis against yours until she reaches a glorious climax. Then you can grab onto her hips and pull her pelvis toward you in a more rhythmic fashion to bring you to a sexy release. Holding tightly onto her waist, let her remove her hands from the bar and carry her into the shower for a rinse off or more courageous lovemaking in another location.

Poetic Foreplay

History of Sex

On their many epic journeys through Arabia, the chivalrous knights became infatuated with poetic foreplay as a powerful new way to woo their beloved ladies. When they returned to their homeland in Europe, they shared their newfound love for lyrical verses. It didn't take long for the lords and ladies of the court to become equally enamored with the art of love poetry, which often featured a knight's desire for an unattainable lover. During the 12th and 13th centuries, the most popular of these romantic poems were put to music and sung by troubadours who traveled from royal court to royal court throughout medieval Europe. Classic examples of such delicious poetry include [ital]La Chanson de Roland[ital], an epic about Charlemagne's nephew, and the tale of Tristan and Iseult, which emanated from the legends of King Arthur. These verses proved so inspiring to the knights and ladies of the Middles Ages that they served as a sort of poetic foreplay, often leading to highly passionate encounters.

You can borrow from the medieval knights and troubadours to create your own form of poetic foreplay. By using poetry in erotic and exciting ways in the bedroom, it can lead to inspired and passionate lovemaking.

Poetic Foreplay—Make It Your Own

You don't have to be a literature major to enjoy adding a little poetic foreplay to your sex life. In fact, even if you're one of those people who cringed at having to do a poetry recital in school, you'll fall in love with this erotic and steamy poetic foreplay. With this ritual, you'll discover that there's a whole lot more you can do with poetry than just recite it. And just as poetry brought great pleasure to medieval knights and ladies, it will open up a whole new world of passion for you and your loved one to enjoy.

Choose Poetry that Inspires You

For your poetic foreplay ritual, choose poetry that inspires you and your lover whether it's from a modern-day troubadour like Bob Dylan or a medieval bard. Need a suggestion for an exquisite work of Arabian love poetry that may have inspired the knights of the Middle Ages? Delve into *The Love Poems of Rumi* by Deepak Chopra. A Persian poet of the 13th century, Rumi composed ravishing verses of longing that expressed the ultimate in yearning, glorious ecstasy and all-consuming desire. Rumi's breathtaking verses will definitely inspire you and your lover.

Of course, you can choose any love poetry that speaks to you no matter what era it's from. For example, classic love verses from Emily Dickinson, Shakespeare or Percy Bysshe Shelley might inspire you. If you prefer a more contemporary type of poetry, feel free to pop in a CD of love songs from your favorite musical artist. You'll discover that much of today's music covers the same themes of unrequited love and desire as those medieval poems that delighted the knights and ladies of that era. And just like the troubadours of the Middle Ages would serenade the lovers in court, your musical artist can be playing in the background while you and your lover make love.

I want to stay faithful, guard your honor,

Seek peace, obey

Fear, serve and honor you,

Until death,

Peerless Lady.

Perform an Erotic Poetry Reading

Give an erotic take to the poetry recital for your poetic foreplay ritual. The whole idea here is to read poetry aloud and then let the words and the way you say them get you in the mood for sex. Because you want your words to be the inspiration, try hands-off foreplay for a change. You'll be surprised how simple spoken words can heighten your desire as much as all the touching and stroking usually involved in foreplay. To make sure your lover can't use their hands, tie their wrists lightly behind them using a silky sash.

With music playing softly in the background, stand nude near your lover and start reciting your love poem in a low, sultry voice. Speak each word with passion and let the words resonate in the air. Inch your way closer to your lover but don't touch them as you keep reciting your poem. Now, bring your lips right up to their ear and barely whisper the poem to them. Your hot breath on their ear and the vibrations of your voice will send titillating sensations throughout their body.

Move your mouth from their ear and continue reciting your poem sensuously as you move your mouth over the most sensitive areas of their body, but don't let your lips come in contact with their skin. Then pull away from them and strut around them while you deliver your enchanting poem. Then lean back in to whisper your love verses close to their ear, into their hungry mouth and onto their quivering genitals—still without touching. By now, you will both be aching to feel each other's touch.

At this point, you can trade positions and intensify the poetic foreplay by lying nude on

the bed and letting your lover tie your wrists lightly to the bedpost using a silky sash. Have your lover sit nude on the edge of the bed near you as they thrill you with more erotic love poetry. Then move on to passionate lovemaking.

Poetry in Motion

When you're ready to shift from poetic foreplay into lovemaking, think of the act as a sort of poetry in motion. You may want to keep your lover tied to the bed while you tease and excite them with your fluid movements. Keep reciting the delicious words of your love poems to each other as you interpret those verses with your bodies. Intersperse lingering kisses and light caresses with your poetry. Like a troubadour who travels from one city to the next, let your mouth travel from one part of your lover's body to another. To intensify their desire, kiss them everywhere—nibble on their inner thighs, lick up each side of your lover's torso and recite your poem directly over their genitals so your hot breath ignites this sensitive spot.

When you can't wait any longer, take your poetic lovemaking to the next step. If she's tied to the bed, mount her and penetrate her deeply while her body writhes with yours. Bring your hands up to meet hers as you make love. When you feel like you might orgasm, pull out and revisit her genitals with your mouth, saying your love poem in between delicious licks on her clitoris. Keep this erotic love poetry going until she reaches exalted ecstasy then resume penetration until you reach an explosive orgasm. If he's the one whose wrists are tied to the bed, climb on top of him and straddle him, keeping the soles of your feet on the bed. Lower yourself onto his penis and then lift yourself up and down to create incredible sensations for you both. Bring your fingers up

to his lips and let him suck on them and then shift them down so you can massage yourself while you ride his penis. Don't forget to keep saying the loving words from your poem in a deep, throaty voice as you make love. Your poetry in motion will thrill you both into the ultimate climax.

Courting Love

History of Sex

The medieval Europeans' near-obsession with love and romance developed into

delightful court games, in which ladies set the rules of courtship, and suitors had to submit to their whims. Courting love took on an even greater importance during the Middle Ages thanks to two women, Eleanor of Aquitaine, who was the Queen of France and England during the 12th century, and her daughter, Marie the Countess of Champagne. It was Eleanor who strongly encouraged the ideal of courtly love and who was believed to have created the “Courts of Love”. Historians disagree on what actually occurred at these Courts of Love. Some say that suitors would seek the queen’s advice on affairs of the heart while others claim that knights would pledge their cases to a tribunal of women who would judge the merit of their case based on the rules of love.

Taking after her mother, Marie also had a keen interest in romance and supposedly inspired a clerk named Andreas Capellanus to write a treatise called *The Art of Courtly Love* that spelled out the rules of love. This work, which may have been satirical in nature, portrayed women as the mistresses of the game of love. It was the fairer sex who set the rules for courtship, ensuring that their knights treated women right in the romance department.

It sounds like the women of the Middle Ages acted in ways that modern-day women might want to emulate. By setting the ground rules for love, you give your lover a clear picture of how you want to be treated. And by asking for what you want in the bedroom, you guarantee that you’ll get the steamy sex that you desire.

Courting Love—Make It Your Own

Inject a much-appreciated shot of romance into your sex life by borrowing from the notion of courting love. Like the fair ladies of the Middle Ages who set the rules for

courtship, women get to be in charge of every aspect of the modern-day version of this practice. That's why this enchanting love ritual usually ends up being a favorite for women. Men typically love it, too, because it means they don't have to try to guess what you want from them, which is a common complaint from men. You spell out every steamy, sensual detail, and your lover eagerly follows your gentle commands. There's no doubt that you'll be happy with your romantic evening, and if you're happy, he will be, too.

Set the Rules of the Game of Love

Explain the rules of your courting love ritual to your lover. Give him explicit instructions about what he must do to make the evening the most romantic as possible for you. You may want to write up a list of your "Rules for Courting Love" and tuck it into his pants pocket or slip it into his briefcase. When he finds your sensual "honey-do" list, he will be turned on in anticipation of pleasing you.

On your list, include things like what you want him to wear and what music you want playing in the background. If you want rose petals strewn about your love den, write it down. If a roaring fire in the fireplace gets you in the mood, put it on your list.

Champagne, chocolates, silky pillows or a fur rug—whatever your definition of the word romantic is, include it on your list. Take your to-do list even further by giving him directions about the steamy activities you want him to perform and how you want him to do them. Do you want a sensual back massage or a neck rub? Are you dying for him to kiss you in certain places or up and down the entire length of your body? Would you like neverending oral sex? Get really explicit so your lover knows exactly what he needs to do

to make the evening as pleasurable as possible for you.

Sex Up Your Courting Love Ritual

Here are a few enticing ideas for sensual activities you may want to ask for in your courting love ritual. Have your lover greet you at the door with a soulful kiss and then usher you into the beautiful setting you designed. The fact that he's followed your instructions to a "T" and transformed your home into an alluring lover's lair will surely ignite your desire. Let him disrobe you so the curves of your body glisten in the light from the fireplace. Make him kneel down to remove your shoes and rub your feet gently. On his knees in front of your nude body, invite him to worship you with oral sex. As his tongue searches out your clitoris, give him loving instructions about how you want him to pleasure you. Tell him if you want the contact to be lighter, harder, faster or slower. Describe in delicious details how you want his tongue to tease your clitoris—circle around it, flick it up and down or provide constant contact. If you like gentle sucking, give him a verbal cue to let him know. Keep offering tender guidance until he brings you to an ecstatic crescendo.

Next, have him lay you down on a bed of soft pillows and let him continue to worship your body by caressing it lightly with the softest touch. Instruct him to shift the pillows so they are positioned under your torso so your back arches up and your head leans back down toward the ground. Command that he enter you, gently at first and then with more power. As he arches up into you, enjoy the incredible sensation of his burning desire for you. To take control again, have him shift back so he's lying on some pillows and you're straddling him. Ride his penis, controlling the tempo so you decide when it's time for

him to reach orgasm.

After you've made love, have your knight fetch you some champagne or chocolates and then order him to please you again sexually. You'll find that the irresistible courting love ritual provides a perfect opportunity for you to let your lover know exactly what you like best sexually. The playful commands you give him now can pay off with a sublime orgasm not only on this occasion, but also for years to come.

Their Courting Love Story

When Janet heard about the Courting Love ritual, she thought it would be perfect for an upcoming vacation to Europe. Janet explained to her husband Robert that she would set the rules of the game and that he would prove his love for her by making it happen. She told Robert that she had always fantasized about making love in a European castle and being treated like a queen. Robert was turned on by this idea and was up for the challenge.

He set out to find a renovated castle-turned-hotel in a picturesque setting in France. Once he had found the perfect place, he asked the hotel's concierge to help him find royal-looking robes. They enlisted a tailor in the area to make robes to Robert's and Janet's exact dimensions with a design based on a picture that Janet had pointed out to Robert a few months back. He even found a beautiful crown for Janet to wear. Robert did not utter a word of his plan to Janet.

The evening they arrived at the castle was a complete surprise to Janet. As she entered, each of the staff bowed to her as if she were royalty and then led her and Robert to their room. Janet could not believe what was before her. Torches on the wall and a roaring fire

illuminated the room with a sensual golden glow. The ideal medieval music was playing in the background, the room was filled with the fragrance of jasmine and a high four-poster bed took center stage. Robert walked Janet to the middle of the room and undressed her slowly. He then wrapped her in her robe and placed the dainty crown upon her head and got down on one knee and said, “My queen, I am at your service.” They never left their quarters the entire stay.

Adventurous Sex

History of Sex

The knights of the Middles Ages were the adventurers of the day, journeying to far-off

lands to fight infidels. Their compelling and heroic exploits were depicted in a number of books, such as [ital]Beowulf[ital], that became wildly popular with readers who couldn't get enough of these fascinating tales. In most of these sagas, the heroes faced great odds that tested their bravery and courage. These exciting tales also featured high adventure, damsels in distress and evil foes. It doesn't sound much different from any modern movie you might see, does it? The idealized heroes in these tales engaged in exciting feats not only in war but also in love. Their passion for exploration translated into a desire for ardent lovemaking and adventurous sex.

Adapting the excitement of the medieval times for your own bedroom rituals is guaranteed to spice up your love life. With a little creativity, you can recreate your own heroic saga as a way to add adventurous sex to your lovemaking routine.

Adventurous Sex—Make It Your Own

Translate the pages of those epic medieval books about courageous knights and their daring exploits into ideas for adventurous sex. Just the way the heroes in those sagas were forced to triumph over great odds, you can create obstacles that your lover has to overcome in order to win you and your sexual favors. Women, think of your version of these medieval tales as a sort of cat-and-mouse chase in which your lover has to work very hard to secure his prize: you. The added challenges intensify desire and will make the ultimate victory infinitely more thrilling.

Set Up Your Sexual Adventure

For your adventurous sex ritual, set up a few "roadblocks" that your lover will have to overcome. For example, wear clothing that doesn't slip off easily. Instead, try wearing a

tight corset with rows of tiny buttons that your lover will have to undo one by one. As he successfully unhooks each button, reward him with a deep kiss and some erotic touching. After he manages to undo all of the buttons, let him remove your corset to reveal your bare breasts and then take off his shirt. Wearing a skirt that wraps around and around your sexy hips and is tied with a sash will also slow him down. Again, when he finally figures out how to take off your garments, offer up a prize by letting him caress your bare breasts and hips, but only briefly. Also, let him strip down now so you're both completely nude.

If you're in the bedroom, move so you're standing beside the bed and have him get down on all fours in the middle of the bed. Force him to stay on all fours on the bed as he tries to lunge for you in order to touch you while you play "keepaway" from him. You can run from side to side or around the bed to avoid his touch. Once he gets you in his grasp, he wins, and you grant him yet another sexual favor. This time, you might want to let him excite your nipples with his tongue.

Take your epic sexual journey into another room now. Make your lover wait on the bed with his eyes closed for sixty seconds while you hide somewhere else in the house. When he opens his eyes, he has to come searching for you like a knight on a quest. If he finds you, he wins an erotic hand massage to stimulate his penis. With one hand circle his shaft firmly so your thumb is on the underside of his penis. Stroke your hand up and down rhythmically while adding extra pressure with your thumb to the sensitive underside. Do this just long enough to excite him, then move on to your next erotic obstacle.

Make him wait again while you head back to the bedroom and slide under the sheets, wrapping them around and around your curvaceous body. Then invite him to come and

get you. He will have to unwrap the tangled sheets to earn another sexy reward. When he does, let him press his nude body next to yours so your genitals touch. Rub your hips provocatively against his. You'll feel his penis harden even more as the rubbing ignites desire in your genitals. You'll both be panting with passionate longing by now, but don't give in to your desires. It's time to take your adventurous sex ritual to even greater heights.

Swing Into Adventurous Sex

Tear yourself away from the arms of your lover once again and if possible, let him follow you outdoors where you have another fun obstacle set up, such as a swing. Take your place in the swing and start swinging higher and higher. The sensation of swinging through the fresh air will awaken every nerve ending in your nude body. Your lover will have to attempt to slow you down as you swing and bring you to a stop. When he succeeds, he wins the ultimate prize.

With him standing before you, hold on to the handles of the swing and lift your pelvis toward him so he can enter you. After so many obstacles and so much sexual teasing, this union will feel incredibly thrilling to you both. Let him initiate a very gentle swinging motion at this point by using the swing's handles to push you away and then pull you towards him. As he swings you back and forth, your epic adventurous sex ritual will come to a glorious crescendo.

Their Adventurous Sex Story

When I spoke to Frank and Lillian, they wanted help putting spice back into their sex life.

We started to discuss Adventurous Sex and how that might be appealing to them. Frank was a former Navy Seal, and adventure seemed to be just what was needed. In fact, that sense of adventure is what drew them together in the first place as Lillian was a cross-country runner. We discussed some ways they might implement this sexual practice, and they got really creative.

They came up with the idea of doing an athletic version of hide and seek on the secluded property behind their house. That weekend, they gave it a whirl. The idea was that Lillian would have two minutes to hide on the property, and Frank would have to go on a quest to find her. Lillian decided to run up over a hill and hide behind some trees on the other side. When Frank found her, he got to take her sexually any way he wanted. The physical exertion got their sexual juices flowing, and he decided to take her against the tree standing up. After they had sex for a few minutes, it was Frank's turn to hide. He ran behind a haystack, and Lillian had great fun searching for him and then taking a roll in the hay with him.

The whole idea behind their adventurous sex escapade was that they wanted to hide from each other, but they also wanted to be found. They gave each other hints like a finger making a come hither-motion from behind the tree or the hay flying up in the air. Their athletic conditioning allowed them six rounds of adrenaline-pumping, heart-racing, down-in-the-dirt hide-and-seek sex. They said they had a blast.

Chapter Seven

Bring Heaven and Earth Into Your Bedroom with Shamanic Sex Ceremonies of the Americas

Intro

Thousands of years ago, men and women from certain indigenous cultures throughout the Americas believed that sexuality was a gateway to deepening their spirituality and their connection with nature. Teaching the tribal people how to recognize and utilize the power of their sexuality were shaman, sometimes called medicine men and women, who acted as mediums between the earthly world and the spirit world. This shamanic sexual tradition arose among the Toltec and Olmec tribes in Meso-America, a region extending approximately from central Mexico to Nicaragua. From there, it spread across the sun-baked deserts, vast plains and rugged terrain of the Americas.

When invaders penetrated their land, these shaman were forced to take their sacred sexual teachings underground to prevent hostile outsiders from misusing them. In 1254 BC, native shaman throughout the Americas held a secret meeting in the Yucatan at the Rattlesnake School of Turtle Island. Turtle Island was the native name given to the ancient land mass that once comprised all of North America, South America, Australia and New Zealand. Many shamanic sex practices and customs thought to be discussed at this historic gathering, including their belief that a powerful sexual energy within the body enhanced their relationship with all of creation, are still being practiced today under the name of Chuluaqui Quodoushka.

Playing a central role in this shamanic tradition was the medicine wheel, which dates back more than 4,500 years. The medicine wheel, a mystical tribal symbol, represented the eternal cycle of life. Across the Americas, a medicine wheel consisted of a central circle with rays of rocks that radiated out to a larger outer circle of rocks. The large-scale structures resembled a bicycle wheel, with each section representing a cardinal direction

(North, East, South or West), a natural element (wind, fire, water or earth) and an important aspect of life (the mind, the spirit, the heart or the body). The circle at the center of the medicine wheel symbolized sexuality and the essence of creation.

Ancient tribal people celebrated the medicine of sexuality by engaging in magical sex ceremonies, such as the “sacred body awakening process”. This sensual rite involved 24 unseen fiber filaments located in the navel area that were believed to link an individual to their partner and to the spiritual world. Some of these threadlike filaments could produce a negative effect on a sexual union while others could help members of the tribe achieve their sexual potential. With concentration, a person could “tie off” the unseen negative filaments, allowing them to engage in optimal carnal relations that could enhance pleasure, expand their consciousness and increase their life force.

A transcendent connection with the spirit world was one of the loftiest goals for lovers, but earthly pleasures were also important. According to this shamanic tradition, couples needed to be sexually compatible in order to experience the greatest joys of carnal sex. Sexual compatibility included knowledge of a person’s genital anatomy type. According to this wisdom, there are nine types of the male penis—called tipili—and female vagina—called tupuli. The type of genitalia a person possessed indicated which sexual activities would be most likely to lead him or her to ecstatic bliss.

Using the knowledge of the medicine wheel and their sexual anatomy, indigenous people could achieve orgasms that went way beyond the genitals. Ordinary orgasms transformed into all-over body experiences that could last for an hour or more. Even greater than the physical pleasure they provided, these higher levels of ecstasy allowed individuals to connect to the “as above” and the “so below”. The as above referred to levels of

consciousness including the conscious mind, the subconscious mind, the unconscious, the collective conscious and the Great Spirit's conscious. The so below symbolized the natural elements of earth, water, wind and fire and all of nature. As above and so below ceremonies might be performed as fertility rites to bring better crops or to bless a union between a man and a woman, but they also led to indescribable orgasmic pleasure. If you want to add a little sexual magic to your own love life, experiment with the sexual ceremonies and practices of this shamanic tradition. Try tapping into a primal shamanic sexual experience by honoring sexuality at the center of your medicine wheel and inviting the cardinal directions and natural elements into your lovemaking. Take a practical hint from indigenous cultures that understood the importance of sexual compatibility and get to know your own sexual anatomy and your partner's so you both understand what turns you on physically. Reenact an as above and so below ceremony to lead you into more intense levels of intimate connection and orgasm.

The Medicine Wheel and Sexuality

History of Sex

For more than 4,500 years, the medicine wheel has been one of the most powerful symbols of life and sexuality. These wheels have appeared in many forms, but the most basic of them featured a large circle surrounding a smaller inner circle with four spokes linking one to the other. Believed to represent the cycle of life, death and renewal, medicine wheels were used to explain the creation of the universe and the creation of life. Creation and sexuality's role in procreation were symbolized by that circle at the center of the medicine wheel.

Sexuality's position at the heart of the wheel revealed its supreme importance in the cycle of life. To celebrate sexuality's importance in the medicine wheel, tribal shaman developed and passed on a host of sexual practices designed to increase physical pleasure, produce a stronger life force and deepen the connection to the spirit world. To comprehend these practices, you must first understand that indigenous people believed that all humans possessed not only an umbilical cord to the mother but also a spiritual cord to the spirit world. This invisible cord consisted of 24 fiber filaments located in the navel area, which have a variety of protrusions at the ends, including hooks, suckers, arrows, probes and feelers.

Whenever two people engaged in sex, their physical bodies connected, and their filaments also intertwined with their lover's. The type of protrusions that were involved in this connection determined whether a relationship or sexual encounter would be fulfilling or destined for failure. The protrusions activated in the intimate experience were based on the conscious and unconscious intentions of each lover.

Connections involving hooks, suckers and arrows contaminated a relationship. Hooks, which could be envisioned as fish hooks, represented attachment and codependency. Suckers, like suction cups, could sap energy from the other person, and arrows with their piercing angles symbolized animosity. On the flip side, probes could be seen as gentle objects that gave a person the ability to delve deeper into their lover's body and soul, allowing two lovers to become one with each other. Feelers, like sensors, were seen as the tactile keys to sexual excitation. When probes and feelers were the only filaments actively involved, lovers could achieve their full sexual potential together.

The sacred body awakening process was a ceremony that supported lovers to “tie off” those hooks and arrows so they could enter a sexual union using only their probes and feelers. In this ritual, couples would face each other either clothed or nude and would touch each other as they imagined wrapping the filaments around their own bodies and tying them in a knot the same way you would tie a belt on a martial arts uniform. In this way, lovers could use the intimacy-inducing probes and feelers during intercourse to create exalted pleasure.

The Medicine Wheel and Sexuality—Make It Your Own

You can tap into a primal shamanic sexual experience by honoring the ancient medicine wheel with your own version of the sacred body awakening process. A modern interpretation of this ceremony can lead to greater sensuality and a more positive, intimate connection with your lover, both of which promise heightened sexual pleasure. Another way to celebrate the medicine wheel through your lovemaking is to invite the cardinal directions and natural elements into your romantic interlude. In addition to

feeling a stronger bond with nature, it will also delight your body with amazing sensations.

Set a Shamanic Mood

The drum is the musical instrument most commonly used during indigenous ceremonies and rituals, and its rhythmic beating can set the tone for a pulsating sexual ritual. Get into the mood for your mystical and magical medicine wheel adventure with music that features shamanic drumming. Possible choices include James Asher's *Shaman Drums* and *Drumming Planet*, a collection of world beats with ancient roots.

Unleash Your Sensual Feelers

To begin honoring the medicine wheel with a modern-day version of sacred body awakening, face your lover in the nude and imagine those fiber filaments located in your navel area. To help you envision those fibers, you may want to have some long, silk sashes in two different colors, such as black for the hooks, suckers and arrows and purple for the probes and feelers. Take one of the long black silk sashes and tie it around your body, cinching it at your waist to "tie off" those negative filaments.

In the shamanic tradition, after the disharmonious fibers had been tied off, the uplifting probe and feeler fibers could be sent out to a lover's body to create an electromagnetic charge that would give them goosebumps, make the woman wet or give the man an erection. Emulate the concept of sending your harmonious fibers out to your lover by intertwining your purple sashes and looping them around different areas of your bodies. As you unite with each other utilizing your intimacy-enhancing fibers or purple sashes,

touch each other's nude bodies with long, sensual caresses. Stroke each other to arouse your bodies and intensify your connection to each other. Men, pull her close to you with one hand behind her waist and use your other hand to gently touch her face and neck. Simultaneously, women, bring your hands to his back and run them from his shoulders down his back to his buttocks.

Another way you can send out your probes and feelers to your lover's body is to hold one of the ends of the purple sashes in your hand to give your lover a silky, sensual touch. The cool feeling of the smooth material will excite your lover even more. With the sash in your hand, rub your way down to their genitals, letting the sash tickle their tipili or tupuli. Grasping his tipili with a purple sash-covered hand and stroking it will surely get him fully aroused. And gliding the silken sash over her tupuli will get her sexual juices flowing for the next, more erotic part of your ceremony.

Have Sex in All Four Directions

Now that your body awakening ceremony has sparked you and your lover with desire, honor the medicine wheel with potent lovemaking that calls on the power of the four cardinal directions - South, North, West and East - with the natural elements of water, wind, earth and fire. Place a compass in the center of your living room to determine your four directions. If you don't have a compass, you can find the East by noting the side of the house where the sun rises and the West by where the sun sets. Then set your course to make love in each of the four directions of your home and invite the elements into the fun, too.

Starting in the South direction of your home, begin your medicine wheel ritual with

refreshing lovemaking and the corresponding element of water. You may desire to make love in the shower or take a spray mister and mist each other all over your bodies before making love in the South. Feel the wet and warm sensations exciting you both.

Once you feel rejuvenated, feel free to move your lovemaking to the North direction.

Choose an area or room in the North where you can open a window or turn on a ceiling fan so the breeze kisses your naked skin. In many ways, the element of wind caressing your body can be just as erotic and enticing as your lover's touch. You can also create your own sexy wind by blowing softly on each other's erogenous zones. For example, you can lick your lover's nipples then blow on them to make them harden and tingle with pleasure.

Women, you can use this strategy to introduce your lover to an exciting new kind of "blow job". Travel down to his tipili and run your tongue along its sensitive underside then pucker up and treat it to a waft of your warm breath. Do the same by circling the head with your tongue then blowing. Continue alternating between luscious licks all over his tipili and blowing until he's fully erect. Now it's your turn to receive his offerings of love. Men, you can use the same technique to tease her tupuli, directing air onto her clitoris and labia. This delectable move will have you both ready for more of this lovemaking ritual.

Now move to the West part of your home. If you have a private area in the West outdoors in your backyard, this would be ideal to get your bodies in tune with the natural wonders of the corresponding element of earth. Have her lean against a tree or large stone as you melt your body into hers. Take the ends of the sash in your hands and cradle her face in your hands as your mouth sinks into hers for a deep soul kiss. Nibble her lips gently then

turn your kisses to her soft neck.

Enjoy the feeling of the grass beneath your bare feet as you bury your face in her breasts. Cup her breasts in both of your hands and press them together to create alluring cleavage as you lick and tease her nipples. Circle her nipples with your tongue and then take them between your lips and suck them into your mouth. Very gently bite down on them as you suck, paying attention to her reactions in case this sensation is too intense for her. This type of erotic nipple play can leave her begging for more.

Women, as he worships at your altar, cover your hands with the silky sashes and let them roam over his chest, rubbing your palms against his nipples. If he enjoys having his nipples touched, take them between your thumb and forefinger and knead them. Try giving them a tender tug to see if this heightens his arousal. Then wrap your sash around the back of his neck and pull his body even closer to you.

Shift your lovemaking encounter to the East indoors now. Move to the East near a fireplace (if you don't have a fireplace, you can light candles to symbolize fire) and lie on a soft rug to heat your bodies as you make very physical, passionate love. Men, sit on the floor with your legs straight out in front of you then lean back and place your hands and elbows on the floor behind you. Push your body upward so you're balancing on your forearms and heels. Women, position your body over his and guide his stiff tipili into your wet tupuli, then place your hands on the ground to the sides of his torso in a push-up position and spread your legs wide so your feet are resting on the floor to the sides of his feet. Using the strength of your arms to hold you up, undulate your hips provocatively while he pushes his pelvis up to meet yours. This very athletic position activates your physicality and will ignite the pleasure in your genitals. The warmth from the fire and the

heat from your vigorous intercourse will have you both glistening with sweat.

If you can't maintain this position for long, let him lie back onto the rug while you sink your body against the length of his. Keep grinding your pelvis against his to stimulate your clitoris as he thrusts up into your tupuli. Don't stop until you've both reached an intense orgasm.

After you've completed your medicine wheel ritual, you can start the process all over again. The same way the medicine wheel represents an eternal circle of life, your lovemaking ritual is a cycle that can be repeated for neverending pleasure.

Their Medicine Wheel and Sexuality Story

When Kala and JC discovered the medicine wheel and the significance of sexuality at its center, they took it to heart. Sex had become a peripheral experience in their relationship, and they wanted to make it a central focus again. They decided to make a medicine wheel of their own, placing sex at the center and then placing the four cardinal directions around it—West, South, North and East representing the physical, emotional, mental and spiritual aspects of life.

Kala and JC decided to go around the wheel each week having a different kind of sex each day—very physical sex, deeply emotional sex, mental sex or more spiritual sex. On the day they would have mental sex, they might play a game of Scrabble, teasing each other with sexy words for foreplay before lovemaking. For a day of spiritual sex, they would practice having sex in the four directions to strengthen their connection with each other and nature. Thanks to this approach, sex became a priority and was fresh and rejuvenating for their relationship each time.

Sexual Compatibility

History of Sex

The Americas' shamanic teachings reveal that sexual compatibility is based in part on genital anatomy and plays a vital role in a couple's ability to achieve the greatest heights of ecstasy. Although every man and woman is unique, and no two are exactly the same, the genital anatomy types are classified by common characteristics and placed in the directions of the medicine wheel. There are different types of male tipili (penises) based on length, circumference, the amount of ejaculate produced and more. Similarly, ancient teachings indicate unique types of tupuli (vaginas), which were based on the depth of the vaginal cave, the location of the G-spot and so forth.

The various types of tipili and tupuli were given animal names and categorized as follows. In the East were deer men and deer women, while the West boasted bear men and buffalo women. Coyote men and sheep women took their place in the South while horse men and wolf women took a position in the North. In the center, you could find dancing men and dancing women, which accounted for about 65 percent of the population.

As an example of the various types of sexual anatomy, a deer woman would be described as having tiny inner vaginal lips (called the moth) and equally small outer lips (called the butterfly). The distance from her vaginal opening to her clitoris would be short with her G-spot close to the opening. Because of her physical anatomy, her natural proclivity would be to gain the most sexual pleasure from fast and furious intercourse. A dancing woman, on the other hand, has a longer distance from the vaginal opening to the clitoris and a G-spot located deeper within the vaginal canal, which could make it a creative challenge to find intercourse positions that satisfy her. Based on her physical attributes,

she could achieve greater enjoyment from oral sex or intercourse that's combined with manual stimulation using your fingers. As for the men, a horse man would have a long, thick penis that could please a woman who had a deep vaginal canal but that might be too large for a woman with a shorter one. The dancing man represented an average size penis in both length and diameter.

Sexual Compatibility—Make It Your Own

Knowledge of genital anatomy types can aid a couple in discovering the ways to best please each other. By exploring your own unique anatomy, you can gain a better understanding of why your body responds to different sexual techniques and positions more than others. And by taking the time to learn about your lover's physical anatomy, you'll obtain insight into what turns them on sexually. Creating your own educational show-and-tell session in which you both demonstrate and describe what pleases you most can provide the carnal knowledge you need to bring each other to new heights of ecstasy.

Get to Know Your Own Sexual Anatomy

Spend some time alone getting acquainted with your genitals. Make sure you have total privacy before you undertake this self-exploration then take off your panties, grab a mirror and spread your legs wide. For women, notice both sets of vaginal lips: the labia majora, which are the outer lips naturally covered with pubic hair, and the labia minora (not all women have this set), the hairless inner lips that resemble a blossoming flower. These inner lips vary widely in color, size and length. Yours may be pink, red, brown, purple or nearly black, and they may be thin or thick, long or short.

Next, turn your attention to your clitoris, which is located where the labia meet to create a small fold of skin called the clitoral hood. Note how far it is from your vaginal opening—is it three inches away or only an inch or two? The closer it is to your vaginal opening, the more likely it will be stimulated during intercourse, possibly giving you the ability to achieve a clitoral orgasm through penetration alone. With a greater distance separating your clitoris and vaginal opening, there's less of a possibility of your clitoris receiving that kind of stimulation from penile thrusting. Because of this, you may require oral or manual stimulation in order to climax.

The location of your G-spot can also determine how you respond to intercourse. To find yours, insert your middle finger into your vagina and feel for a rough patch of tissue against the front wall using a come-hither finger position. Named after the German gynecologist Ernst Grafenberg, the G-spot swells when stimulated and can produce orgasms in many women. If your G-spot is located close to the edge of your vaginal opening, it is more likely to be stimulated during intercourse. If it lies deeper within the vaginal canal, it may not get that same stimulation.

Once you become familiar with your anatomy, start experimenting with self-pleasuring to learn how your body responds to different types of touch—fast or slow, deep pressure or light and fluttery touches. All women are different in this regard, and you may respond only to direct clitoral stimulation, or you may find this too intense. You might also discover that massaging your G-spot while you touch your clitoris will lead to an even more powerful orgasm.

For men, it's just as important to get up close and personal with your anatomy. It's a lot easier for you to understand the uniqueness of your tipili because you can see it without

having to use a mirror. Lock yourself in your bathroom or bedroom and drop your drawers for this intimate encounter with your private parts. One of the first things men usually note about their tipili is its size. Tipilis vary in length, and the average tipili measures about five to six inches when fully erect. Take a look at the diameter as well, noting its thickness.

Get to know the various parts of your penis. You may already know that the head of your tipili is considered the most sensitive part, but other areas may also provide tingling good feelings. The corona is the ridge of skin that separates the shaft from the head, and you may find it incredibly sexy when a woman runs her tongue or fingers around it. Just below the corona on the underside of the tipili is the frenulum, also called the frenum, which is a highly sensitive spot in some men. If you aren't circumcised, you may also derive great arousal from attention to the foreskin, which is packed full of nerve endings. During your self-exploration, don't forget about the family jewels. The scrotum is the sac that contains your testicles, and this area can be a source of exquisite pleasure or intense pain. It's important for you to know if your scrotum is too sensitive for sexual play. Pay particular attention to the raphe, the visible line that runs down the center of the scrotum. You may find touching or licking this sensitive spot to be irresistible. After a good once-over, begin to self-pleasure to determine your most sensitive areas and to discover how you like to be touched.

Engage in Sexy Show and Tell

Plan a sexy evening of show and tell so you and your lover can demonstrate and describe

all the wonderful things you've discovered about your sexual anatomy. Start by slipping out of your undies and sitting facing each other on the bed. You may want to use a flashlight and take turns talking about the uniqueness of your genitals. For example, "see how my clitoris is really close to the vaginal opening—that makes intercourse even better for me" or "see this spot called the frenulum—it's really sensitive to touch." It may sound like it could be a bit silly or even embarrassing to talk about your private parts, but you'll be surprised how much of a turn-on this show-and-tell exercise can be.

Intensify the excitement by showing each other how you like to be touched. Women, lean back and start to massage your tupuli while your lover watches. Use this time to tell him what you're doing that you like so much. For example, if you like a slow, sensual touch directly on the clitoris that builds to a faster motion, show him and tell him. If your clitoris is too sensitive to handle direct contact, reveal how to excite you by massaging around that hot spot.

As you show him what turns you on most, let him take over by mimicking your actions using his own fingers or even his tongue. Keep giving him gentle directions to let him know if you'd like it faster or slower or if you prefer continuous contact or quick flicks. With your expert guidance, he'll surely bring you to a deliciously strong orgasm.

Men, it's your turn now. With your attentive lover gazing at you, demonstrate the way you like your penis stroked and tell her what you're doing so she can recreate the motion herself. Do you like a firm grip or light strokes? Do you want more attention paid to the head and corona, or would you love it if she maneuvered her hand down to your scrotum? Give her the visual and verbal cues then let her get in on the act. Either let her bring you to climax with a hand job, or have her add her tongue and mouth for a more thrilling

experience. Again, give her encouraging directions to help her understand what gives you the most gratification, and you'll reap the benefits.

When you're both ready for lovemaking, shift your show-and-tell experiment to intercourse. Continue to share what you've learned about your sexuality to make this interlude as steamy as possible. For example, if she tells you that she likes it fast and furious, give it to her that way. If she says she needs manual stimulation in addition to intercourse, be sure to apply pelvic or penile pressure to her clitoris or stroke it with your thumb or fingers while you thrust. Similarly, if you like your scrotum caressed while you penetrate her, let her know it. The more you know about each other's sexuality and genitalia, the better you can satisfy each other, and that's the real key to sexual compatibility.

“Knowing about your own sexual anatomy can make you feel beautiful and unique and gives a starting point for your sexuality.” Harley Swiftdeer, Shaman Elder of The Deer Tribe

As Above and So Below Sex Ceremonies

History of Sex

Indigenous sex ceremonies were designed to connect to the “as above” and “so below”.

In tribal parlance, the as above referred to high levels of consciousness, which were represented on the medicine wheel as follows: South (conscious mind), North (subconscious mind), West (unconscious), East (collective conscious) and the center (great spirit’s conscious). The so below symbolized the natural elements of earth, water, wind and fire, and all of nature, which could also be found on the medicine wheel.

One such ceremony known as “creating the atmosphere of cohesion” involved two lovers sitting before each other with a talking stick. A talking stick is an object that indigenous tribes have utilized for centuries to encourage respectful dialogue by designating who had the right to speak. While one partner held the talking stick, he or she could speak from the heart while the other listened. The couple passed the talking stick back and forth to each other as they engaged in a heart-to-heart discussion. After that, the pair might give each other a sensual massage or drink an intoxicating ritual beverage, such as honey mead, to set the mood.

In this ceremony, couples also evoked the power of the natural elements and consciously called upon the Great Spirit in order to create transformative sexual magic. That meant consciously feeling oneself in harmony with the elements during lovemaking to unify the as above and so below. When performed properly, this could produce powerful, long-lasting sex and energizing and rejuvenating orgasms that spread throughout the body rather than providing only fleeting pleasure in the genitals. At the highest levels of ceremonial sexuality, orgasms allowed lovers to be transported into a past life or even projected into the future.

As Above and So Below Ceremony—Make It Your Own

Anyone can connect with the as above and so below while making love. All it takes is for you and your lover to connect with each other and to nature. You may even be inspired to invite the Great Spirit of consciousness to join in your ritual. Doing so can lead to shamanic, multi-dimensional sex and orgasmic pleasure that go far beyond the genitals.

Creating the Atmosphere of Cohesion

To connect on a deep and soulful level with your lover, perform your own version of the “creating the atmosphere of cohesion” ceremony. Consider wearing organic cotton robes for this intimate rite since they’re easy to take off. Before you begin, craft a talking stick for your ritual. Your talking stick can be as simple or as elaborate as you wish. A small branch from a tree in your own backyard will work just fine, or you can use beads, feathers, shells or drawings to embellish your stick. Choose which one of you will speak first while holding the talking stick.

Place a large meditation cushion designed for two people (you can purchase these from many online yoga accessory retailers) on the floor so you can both sit on it facing each other. The added height of the cushion will create a sort of pedestal that elevates you and your lover into the as above.

Once seated, take a moment to close your eyes and invite the Great Spirit of consciousness to support your lovemaking with a prayer, such as, “Great Spirit, fill us with love in our hearts and bodies as we join in this intimate ceremony.” Then take the talking stick into your hands and talk to your lover about what makes you feel sexual attraction and love for them —“I am so turned on by the way you embrace me” or “Your

beautiful smile drives me wild”—and what sexual activities you have in store for them —“I can’t wait to give every ounce of my mind and body to you while making love” or “I’m going to enjoy pleasing you in the way you have shown and taught me how”.

Pass the talking stick to your lover now and let them divulge all the wonderfully erotic ways they appreciate you and what they have planned for your pleasure. This sexy tete-a-tete will surely leave you both yearning with desire. Follow up your lusty, heartfelt talk with a sensual massage or share a drink of your favorite ritual beverage, whether that’s wine, champagne or honey mead.

Flow Like Water, Move Like Wind During Sex

When you’re both ready for intercourse, shed your clothing and flow like water as you have him lean back on one corner of the meditative cushion with his hands on the cushion behind him and his knees bent with his feet flat on the floor. Straddle him and insert his erect tipili into your wet tupuli and lean back so your hands rest on the floor behind you and your feet are on the cushion. Have him remain still while you tilt your pelvis up and down slowly in waves, letting your sexual juices envelop his tipili. Try contracting the muscles within your tupuli to tighten them around his tipili to add to his pleasure and yours.

As you make love, tap into the shamanic sexual practice of synchronized breathing. Deep abdominal inhaling and exhaling in unison with your lover can lighten your physical energy, intensify your orgasmic abilities, and make you feel as if your two bodies are melting into one.

Keeping your breathing harmonious, let the so below element of wind move you into the

next position. Sit up and push his chest down until his back arches off the opposite corner of the cushion and his head reaches the floor. Feel a wild wind inspire you to press your hands against his torso as you lift yourself up and down on his tipili.

This position puts you in control of the speed and depth of penetration and allows you to use your fingers to arouse yourself if that's what your sexual anatomy desires. For him, watching your beautiful body moving up and down on his, as your hair blows in the breeze, can be intoxicating. Another benefit of this position is that it allows you to fully experience the notion of the as above and so below in that you can arch your back so your eyes are looking up to connect with the as above while his head is touching the earth so below.

Feel the fire now as you roll over so your knees are on the cushion and your palms are resting on the ground so he can enter you from behind. Let this fiery hot position ignite your passion for each other as he plunges deep into your tupuli. Men, you may want to add some sexy tribal drumming to your lovemaking ritual by gently tapping rhythmically with your open palms on her luscious buttocks while you penetrate her from behind. Like many women, she may find this light drumming to be extremely erotic and exciting. Finally, tumble off the edge of the cushion so she's lying on her back on the earth while you enter her from above.

Climb the Many Levels of Shamanic Orgasm

When you start to feel an orgasm building in your genitals, you are ready to experience one of the five levels of orgasm. If you're new to the art of indigenous ceremonial sex,

you will probably achieve a level one or level two climax that's localized in your genital area. According to ancient teachings, these orgasms offer arousing ecstatic sensations throughout the genitals. The level one or two orgasm is highly pleasurable and healing. As you become more adept, you can call on the as above directions on the medicine wheel to expand your lovemaking. For instance, as you make love, tune in to the South direction and call forth its support in bringing your conscious mind into the orgasmic act. Use your conscious mind to mobilize the energy you're feeling in your genitals throughout your body. With practice, you may begin to experience the higher shamanic levels of orgasm.

When you progress beyond level two, you may begin to feel your orgasms in areas of your body other than your genitals. For example, you may unexpectedly experience an orgasm where the pleasure sensations ripple through your throat and you find yourself involuntarily expressing sounds of rapture. These orgasms also last longer and build energy rather than leaving you feeling spent or exhausted. At a level three orgasm, you'll notice a nice, smooth initial charge rather than a quick jolt, and the electrically sweet orgasmic sensations will linger throughout your body. When you reach this level, you can feel completely rejuvenated after sex.

At even higher levels, you can experience transcendent sexual magic. For example, in a level four shamanic orgasm, you can no longer tell where your body ends and your lover's begins. This highly intense, long-lasting climax also allows you to journey beyond the here and now. Level four is associated with astral projection, in which you can look deep into your lover's eyes and see their face transform into one from a past life. The ultimate orgasm is a level five, which can be sustained for many hours. This greatly

desired yet elusive master level crescendo can take decades of practice to attain and leads to ethereal projection, which may allow you to see into the future. Although you may never reach this highly mystical level five orgasm, you can definitely have a lot of fun trying. And who knows, you just might be able to achieve an incredible orgasmic experience that seems to last forever.

Their As Above and So Below Ceremonial Sex Story

Willa and Zak loved to take mystical adventures, and the as above and so below sounded like the ultimate sexual mystical adventure to them. The premise of connecting with nature and calling on the Great Spirit to accompany them through their sexual journey really turned them on, so they decided to give it a try.

It was a warm and starry night so they went up to their rooftop patio where they had layers of blankets awaiting them. They each stripped down and turned on some tribal drumming music. Then they sat in front of each other with their eyes closed and called on the Great Spirit from above to join them in making their sexual interlude a rich and rewarding experience. While holding hands, they turned their chins upward and looked out into the jeweled black sky as a way to connect with the as above.

They then each took turns merging with the so below elements. First Willa embodied wind and let the wind move her in a dance of seduction for Zak. Then Zak had his turn and merged with earth to nurture Willa with long soothing embraces and then with fire to make hot passionate love with her. It was an unforgettable night.

Chapter Eight

Go Nordic, Natural and Nude

Intro

The lucky people in the Nordic (also called Scandinavian) countries of Norway, Sweden, Denmark, Finland and Iceland, view sexuality more liberally than in any other region in the world. The locals who live amid the Norwegian fjords, Danish lowlands, Finnish forests, Swedish archipelagos and Icelandic glaciers, aren't raised with repressive notions about sex. In fact, a refreshing sense of sexual egalitarianism thrives in these frosty winter wonderlands where premarital sex, nudity and sensual touching are completely acceptable. Travel to Scandinavia today, and you're likely to come across sex shops, nude beaches and full-frontal nudity on television. While you may think that these relaxed attitudes about sex are entirely modern, they are, in fact, deeply rooted in ancient Nordic traditions that emerged centuries ago.

Many of the Scandinavian people's open-minded sexual attitudes can be traced to an old Nordic custom called Night Courtship, which was practiced in Denmark and other regions of Scandinavia throughout the 17th and 18th centuries. In this erotic ritual, young boys were permitted to visit unmarried girls and lie in bed with them. It is believed that the teenage girls got to decide whether or not to allow the teenage boys to join them in bed and also whether or not to invite them to return. This practice often led to hormone-raging sex, which was viewed as acceptable.

In addition to being open-minded about premarital sex, Scandinavians have a long history of being comfortable with nudity. A movement called naturism, which encourages social nudity along with a lifestyle that's in harmony with nature, initiated in 18th century Europe and has since flourished throughout Scandinavia. As a result, Scandinavians now enjoy clothing-optional beaches, parties in the buff, nudist resorts, nudism in the wild and

of course, being nude in the privacy of one's home. As you might suspect, studies on nudism show that it increases self-esteem, promotes a positive body image and makes people feel more comfortable with sex and sexuality.

Scandinavians aren't just adept at getting in touch with their nude bodies, they're masters at touching naked skin through the art of Swedish massage. Developed in the 19th century, Swedish massage involves the use of five flowing strokes called effleurage (stroking), petrissage (kneading), tapotement (tapping), friction (rubbing) and vibration. You may be surprised to discover that historians disagree about whether or not Swedish massage was actually created by a Swede. While some give the credit to Swedish physiologist Per Henrik Ling, others say it was a Dutch masseur named Johan Georg Mezger who adopted the French names used to describe the five strokes of Swedish massage. Regardless of who is responsible for developing Swedish massage, it has become highly sought after as a curative method to relieve tension, minimize pain and reduce stress. But that's not all it's good for. Swedish massage has also emerged as one of the most popular and sensual forms of foreplay for lovers everywhere.

You and your lover can learn a lot from the sensual and sexual history of Scandinavia. By adopting their open-minded sexual attitudes, you and your lover can free yourselves from any inhibitions you may have so you can try exciting erotic experiences you've only fantasized about. If you can embrace naturism like the Scandinavians, you can learn to love your naked body, which is guaranteed to take your enjoyment of lovemaking to new heights. And if you want to explore the delights of sensual touching during foreplay and lovemaking, be sure to add Swedish massage to your bag of tricks.

Open-Minded Sexual Attitudes

History of Sex

The warm-hearted people of the Nordic countries have earned a worldwide reputation for their open-minded sexual attitudes. In Scandinavia, women and men both feel free to engage in consensual sexual activities without any of the feelings of guilt or shame that many Americans associate with sex. And a high degree of erotic egalitarianism ensures that women can enjoy their sexuality just as much as men without the fear of being reproached or scorned. These seemingly modern liberal-minded practices were actually hundreds of years in the making and date back to Nordic customs that were commonly practiced as early as the 1600s.

Among these old Nordic customs was a rite known as Night Courtship. According to legend, unmarried teenage girls would often sleep together in a barn loft during the springtime. Young teenage boys from all over the region would come to visit and serenade the young girls in the hope of winning an invitation to join the slumber party. Based on their performance, the boys were either sent away or invited in for some nighttime canoodling.

The lucky boys who got the greenlight to enter were allowed to sleep with the girls as long as they kept their clothes on and slept on top of the covers. If a girl felt a romantic connection with one of the boys, she could invite him back for another late-night date. With each visit, their budding romance escalated. The girl might allow the boy to sleep under the covers with her, making him keep his clothes on at first and then after some time, letting him sleep in the nude. Eventually, she would permit him to make mad passionate love to her right there in the barn loft. These steamy unions could result in

pregnancy and marriage—often in that order. But just like premarital sex was no big deal, having a child before marriage was also perfectly acceptable in those times.

Having open-minded sexual attitudes like the Scandinavians can do a world of good for your own sex life. Like the Nordic lovers of old, you and your beloved can spice up your sex life by shedding your inhibitions and engaging in some unrestrained, yet protected, lovemaking—unless, of course, you’re both trying to get pregnant.

I will praise you from top to toe and in between, if I can get you, mirror and honorable woman.

Peder Raeff, Danish 1480

Open-Minded Sexual Attitudes—Make It Your Own

To enjoy open-minded sexual attitudes, all you need to do is rid yourself of any repressive notions or hang-ups you may have about sex. That’s easy to say, but not always easy to do. Just keep reminding yourself of those Scandinavian beliefs that sex is a completely natural and beautiful act and that whatever consenting adults do to please each other in the bedroom—or even in public—is entirely normal and acceptable.

Shed Your Inhibitions

If you’re trying to shed some of your inhibitions, start slowly and don’t expect to change overnight. One of the best ways to work around any hang-ups you have is to talk openly with your lover about your feelings about sex. You may find that a frank, open discussion about it can be the key to breaking down sexual barriers. An added bonus to talking about

sex is that it can turn you on and sometimes lead to a hot encounter.

As you become more in tune with your sexuality, enlist your lover's help in your quest for a more open-minded sexual attitude. Make every attempt to show more physical affection to your lover throughout the day rather than only when you're having sex. Non-sexual touching can be extremely effective in helping you open up to sensuality.

Basically, the more you expose yourself to all forms of physical affection and touching, the more comfortable you'll become with it.

When you start feeling more at ease with your own physicality, start taking your newfound open-mindedness to the next level. Try watching racy erotic films like *9 1/2 Weeks* with your lover as a way to appreciate heated sexuality. You can also visit an adult shop to view the many toys, videos and sex aids available. If you feel inspired, purchase something that the two of you can use later. By taking these steps, you can begin to shed any long-standing inhibitions. And once you give yourself over to the Nordic notion of sexual freedom, you'll feel more open to exploring daring new ways to enhance your lovemaking.

Show Off Your Sexuality

As your attitude about sexuality begins to change, you may want to throw caution to the wind and engage in playful and exciting exhibitionism or have fun being voyeurs. In Scandinavia, showing off one's sexuality with PDAs (public displays of affection) is commonplace and rarely raises an eyebrow. Couples in bars and other public settings often kiss and touch each other passionately without a thought about who might be watching. And the people around the couple may barely notice their romantic embrace.

For you, however, the act of doing something erotic in public might feel completely out of your comfort zone and very, very arousing.

To start getting comfortable with exhibitionism and PDAs, make a pact with your lover to tastefully touch each other fleetingly in your most erogenous zones while you're out in public. At a bar or restaurant, you might brush your fingers against her breast as you drape your arm over her shoulder or you might brush your hand over his now pants-covered hard-on. You won't believe how much these secret touches can ignite your desire.

Escalate your exhibitionist behavior by engaging in soulful kisses and tight embraces while you're at a party or at the beach. You will notice that all eyes will be on you and your lover, which can turn up the heat for you both. As you continue to practice showing off your sexuality, you will become more and more comfortable with passion and eroticism in public and will want to take your exhibitionism experiment to daring new heights.

Host a Coed Slumber Party

Invite some of your favorite couples to your home for a sexy slumber party. During your get-together with your friends, engage in PDA with your lover with even more carefree abandon. Be brazen and let those fleeting erotic touches and delicious kisses with your lover linger a little longer. If anybody is watching and enjoying your show, boldly return their gaze. This flirty and seductive eye lock with a curious onlooker is guaranteed to intensify your arousal. Don't give in to your lusty desires just yet, though. Instead, use your sleepover as an opportunity to reenact a sexy version of the Nordic night courtship

ritual.

For this titillating adventure, have all the women sleep in one room and put the guys in a different room. Men, sneak over to the women's room and crawl into bed next to your lover. Cover her with sweet kisses and caress her body as the other women in the room watch with awe and sexual excitement as your silhouettes move sensually in the darkness. This erotic action so close to your pals can make you feel like a very passionate provocateur and is sure to excite you both as much as it turns on those watching you.

Engage in Exhibitionistic Sex

Now, grab a sheet from the bed and wrap it around your nude bodies as you go out to the backyard pool area. Ideally, choose a spot where your friends can peek at you through a window. Head for a cabana or some lounge chairs and stretch out on them together with the sheet thrown over you. Kiss each other with wild abandon to get your sexual juices flowing. As your tongues dance with each other, steal quick glances up at your friends watching from the window.

Move your erotic exhibition into the pool now for some wet and wild action. Slip into the warm, inviting water, and sink down to your neck so his chest and her breasts are covered. Clasp your arms around each other and pull your lover toward you for a long kiss. Then let your tongue travel down their neck as you lick up the hot, steamy moisture off their body. At the same time, let your hands roam over each other's bodies beneath the water, caressing his buttocks and torso and her thighs and breasts.

Have fun with the buoyancy the water provides by taking turns wrapping your legs around each other. With her legs folded around his waist, she can arch her back and lean

away so her beautiful breasts and aroused nipples rise to the surface of the water, and her hair floats seductively to frame her face. This kind of visual stimulation will get his heart racing, and knowing that your friends may still be watching will make it even more thrilling for you both. When he wraps his legs around her hips, he can press his shaft against her pelvis to create some tantalizing sensations.

Shift your hands down to your lover's genitals now to increase the stimulation and desire. Women, grasp the shaft of his penis and bring your body close enough to his so you can press the head against your vagina and rub it deliciously up and down against you. Then push his member under your vagina and close your thighs around it without pressing too tightly. Move your pelvis back and forth in a pulsating motion to mimic the sex act. The friction of his penis rubbing between your legs can stimulate the clitoris and will create incredible sensations for him.

When your passion overtakes you and you can't wait any longer for sex, let her wrap her legs around his body while he stands in the middle of the pool. Men, take note that the water from the pool can wash away her natural lubricants, creating some discomfort for her, so let her guide your penis into her gently. Because of this, keep your strokes slow and tender while in the pool. You may want to take advantage of the natural buoyancy of the water to lift her hips so you can angle your thrusting upward, which may provide more friction on her G-spot. If she prefers direct stimulation, she can bring one of her hands down to massage herself under the water. As you lose yourself in each other and reach a hot climax, you may actually forget all about the audience that could be watching you from the window.

Being Naked

History of Sex

For Scandinavians, being naked is the most natural and beautiful thing in the world. And

going sans clothing in nature—think beaches, fields of flowers or hiking trails—is considered completely normal. This sense of comfort with nudity in natural settings has been around for hundreds of years. In fact, in 1778, the word naturism was coined to describe the concept of social nudism in harmony with nature. The naturism movement spread throughout Europe and Scandinavia, resulting in hundreds of places where people can shed their clothing in the great outdoors.

For example, there are beaches and lakes where you can go skinny dipping, canuding (nude canoeing) or nude snorkeling. There are vacation resorts where you don't have to pack a stitch of clothing in your luggage, and there's nude hiking and horseback riding for you to enjoy. With all of these opportunities to go au natural, it's no wonder that Scandinavians feel so comfortable in their own skin, and consequently, don't have a lot of hang-ups about sex.

Get in touch with your Scandinavian side by stripping away any self-consciousness you have about being naked. Learning to feel completely at ease in the buff can lead to greater self-confidence in your sexual encounters, which can have sexually ecstatic results.

Being Naked—Make It Your Own

Could any ancient erotic custom be easier to adapt to your own life than being naked? All you have to do to experience the freedom Scandinavians have enjoyed for centuries is take off your clothes. What could be simpler than that? Whether you shed your clothes in the privacy of your own home, or you get adventurous and go to a clothing-optional beach wearing nothing but your birthday suit, you'll soon learn why being comfortable in

the nude is one of the best things you can do to enhance your lovemaking. That's because when you feel good about your body, you're more likely to be completely uninhibited during sex.

Get Comfortable in Your Own Skin

Even if you weren't brought up with the Scandinavian belief that being naked is natural and normal, you can learn to get comfortable with nothing on. Begin the process of learning to love yourself naked by getting undressed and strutting around your own house—just close the drapes if you don't want any nosy neighbors to see you in the buff! If you're worried about your children becoming emotionally scarred if they catch you in the nude, take note that Scandinavian studies show that kids who see their parents naked are more likely to have a positive body image and are more comfortable with their sexuality. That's yet another reason why you should do like the Scandinavians and get naked.

A perfect time to practice being naked is after a shower or bath. Instead of slipping right back into your clothes, remain nude while you fix your hair, shave or put on makeup.

After each time you bathe, stay in the nude a little bit longer. Eventually, you'll begin to feel more at ease sans clothing and before you know it, you'll be eating, watching TV and even doing laundry in the nude.

Invite your lover to join you in your “dare to be bare” experiment. Rather than peeling off your attire solely when you're ready for sex, disrobe whenever you're together. Make a romantic meal together wearing nothing at all or play a sexy game of backgammon in the nude. The more often you see your lover and yourself completely naked, the more relaxed you'll feel about it.

Go Au Natural in Nature

Get into the spirit of Nordic naturism and social nudity by going au natural outside. Ease into public nudity by heading out to your own backyard at first to try a little topless sunbathing or nude gardening. Feeling the warm sun and fresh breezes on your naked skin will quickly convert you into a naturism lover.

If inspired, plan a trip with your lover to a clothing-optional beach, swimming pool or resort for a full day of nudity. In the U.S., there are more than 250 clothing-optional family resorts and scores of nude beaches. If being nude in the company of others feels great to you, you may want to join a nudist club. These clubs, which host nudist events and parties, can be found in nearly every state. To find clubs near you, contact the American Association for Nude Recreation.

Initially, you might feel a bit sheepish about shedding your clothes in front of a bunch of strangers, but in these settings, you'll soon discover that nobody is gawking at you. In fact, most naturist sites have strict rules that include no ogling, no touching and no inappropriate sexual behavior. But just because you can't engage in a hot sexual interlude in front of others at these sites and events, there's nothing stopping you and your lover from pleasuring each other from head to toe once you're back in the privacy of your own room or home.

Get Naked and Have Sex in the Great Outdoors

For a true naturist sexual adventure, head off to the great outdoors with your lover. Choose a spectacular—and secluded—setting for this romp in nature, such as a lake,

meadow or field of flowers. When you arrive in the perfect spot, undress each other so you are both completely nude, rub in some sun protection and throw down a soft blanket on the ground for later. Take a few moments to delight in the beauty of your surroundings and your naked bodies by holding hands and running wild through the tall grass, flowers or trees. Pick a few flowers and place them in each other's hair if you like.

Clasping each other's hands, face each other to admire your nude bodies. Still standing, free your hands and let them travel up your lover's arms until they're resting on their shoulders. Then let them cascade down their chest to their abdomen as you take in the enticing sensations of their bare skin. With the sunlight kissing your uncovered skin, pull your lover closer to you so your nude bodies are touching—your naked thighs, your exposed breasts and chest, your bare bellies. Sink into each other for a warm French kiss and rub against each other to titillate your bodies.

Men, push one of your thighs firmly between her legs so she can rub her clitoris against it. In this standing position, you'll be able to press your penis against her pelvis to create irresistible friction that will stimulate you both. This standing foreplay is very arousing, and you may only be able to take it for a few moments. When your bodies start to glisten with sweat and she becomes wet, fall back into the grass and onto the blanket together.

Kneel in front of her while she lies on her back. Grab her pelvis and pull it up towards you. She will naturally wrap her legs tightly around your waist. If the ground is hard, you can bunch up the blanket under her shoulders to create a nice cushion. This position creates a veritable feast for the eyes, allowing you both to continue admiring your nude bodies.

Men, as you move rhythmically inside her, treat her to clitoral stimulation by wetting

your thumb and rubbing it against her. The arousing sensations from your touch combined with the enchanting feeling of the sun and wind on her bare skin will drive her wild. And when she loses control and starts bucking her hips and arching her back in ecstasy, it is sure to intensify your pleasure. At this point, take a sexy orgasmic roll through the field, tumbling through the flowers and going deeper and deeper into each other.

His Being Naked Story

Guy was much more reserved about showing off his body than his girlfriend Kim, a former cheerleader, who loved wearing nothing around the house. While Guy loved watching Kim strut around in the buff, he preferred to be undressed only in the bath or in bed. Kim wanted to shake Guy out of his puritan mindset about his own nudity. For his birthday, she planned a fun surprise—a weekend away and she would pack for him. When they arrived at the beach resort, Guy was really surprised to see everyone walking around in their birthday suits. He laughed a bit nervously when he realized that was what he would be wearing all weekend, too, since Kim had packed no clothes for him. He felt a little embarrassed the first time they headed out to the beach without bathing suits, but he soon realized that nobody was staring at him. After they lay on the beach for a while, he worked up the courage to have drinks by the pool. With each passing hour, he felt more and more at ease with his nudity. By the end of the weekend, he felt so comfortable sans clothing that he attended an intimate birthday party thrown in his honor with other nude guests.

It turned out to be the most revealing weekend of their relationship, stretching Guy way

out of his comfort zone. Much to his surprise, Guy ended up having a blast. After that, his inhibitions about nudity completely went out the window. And with that, a newfound sexual confidence took hold. From then on, Guy was willing to incite sexual frolic with Kim at a moment's notice.

Massage

History of Sex

Swedish massage, which is also referred to as “classic” massage, is currently the most popular form of massage offered. The gliding strokes, deep kneading, vigorous rubbing, light tapping and invigorating vibration used were developed more than 100 years ago. In the past century, Swedish massage has become a godsend to men and women throughout

Scandinavia and in every corner of the planet. The therapeutic stroking, kneading and rubbing has encouraged relaxation and helped eliminate tension from the shoulders and backs of millions and millions of people.

Even better, the firm but gentle Swedish strokes are often used as a luxurious and intimate prelude to great sex. A massage can lead to greater intimacy and a deeper connection with your lover. Not only that, it can also help you relax, making your body even more responsive to erotic touching and sexual activity. And when your body feels more open, you'll experience stronger sensations and more intense orgasms.

Massage—Make It Your Own

You can vastly improve your own sex life by incorporating the Scandinavian art of massage. Learning to caress your lover with smooth, sensual strokes can add a deliciously intimate and arousing element to your foreplay and lovemaking repertoire.

The next time you and your lover are planning a date or a romantic evening, add a soothing, sensual Swedish massage to the menu. The loving caresses and tender strokes you use on each other's bodies can do you both a world of good.

Massage as Erotic Foreplay

Rather than rushing into sex, take the time to offer each other a relaxing Swedish massage as a form of erotic foreplay. Be sure to have some fragrant massage oil or scented lotion on hand before you begin. Have your lover disrobe and lie face down on the bed. Pour some oil or lotion into your hands and rub them together to warm it. Start your massage by using the palms of your hands to make long, smooth strokes down the

muscles of their back from the shoulders to the crease of the buttocks then sweep your hands up the sides all the way to the neck. Keep repeating this sensual motion or add variety by moving your hands in a circular motion, pressing your thumbs into the muscles or kneading the skin.

Shift your focus to their legs and feet. Take one foot in your hands and using firm pressure to avoid tickling, rub your thumbs from the toes down the arch of the foot to the heel. Then massage each toe individually, rubbing it between your thumb and forefinger. For some people, this move ranks as one of the most delightful and erotic and will really turn up the sexual heat. Move your hands slowly up the legs now in long, sweeping motions that go from the foot toward the hip. Spend extra time on the sensitive inner thighs to build excitement and desire for the incredible sex to come later.

Let your hands wander to the buttocks and press deeply into the cheeks as you knead them beneath your hands. You may want to alternate between firm pressure and teasingly light strokes here to excite your lover. Be sure to keep adding more oil or lotion as needed to make your strokes glide more easily and remember to ask your lover if the pressure is too strong or too light for them.

Have your lover turn over now so you can massage the front side of their body. Using just your fingertips, stroke their face gently. Start by tracing your fingertips from the crown of the head down the hairline to the temples where you can make soft circular motions. Place your thumbs at the center of their forehead and brush them out to the sides. Next, rub your fingertips lightly over their lips then past their chin, along their neck and down to their chest.

Employ the same long, sweeping strokes you used on their back to massage their chest

and let your hands slide all the way down to the genitals.

As you massage your lover, remember that this should be a sensual massage, not a sports massage or deep tissue massage. Avoid overly aggressive kneading or pummeling the muscles. The idea isn't to work over your lover with an intense rubdown. It's to soothe and relax your beloved, and even more importantly, get him or her in the mood for a wild sexual encounter.

Use Massage Techniques During Sex

Now is your chance to turn this relaxing massage into an amazing sexual interlude by using many of the same techniques. Women, if you've been massaging your man, he's probably fully aroused by now. Spread his legs apart, kneel between them and add more oil or lotion to your hands. Swirl your hands up his inner thighs and massage the crease where his legs meet the pelvic area.

Interlock your thumbs and using the base of your hands, press his testicles up gently then let your hands continue up to his shaft. Keeping your thumbs interlaced, use the same long strokes you used on his back to sweep your hands up and down his penis, flattening it against his abdomen. Keep rubbing your palms up and down his shaft and watch him undulate with pleasure.

Then circle your fingers around the base to bring it up away from his belly and rub your palms on either side of his penis as if you were trying to start a fire by rubbing two sticks together. Take it slow as you knead your palms up to the head of his penis and back down to the base. Gradually speed up the motion and add more pressure as his excitement grows. You'll probably feel heat being generated between your hands from this

incredibly sexy technique. When he nears orgasm, roll over so he's on top of you and enters you in the missionary position.

Men, if you've been acting as masseur, turn your attention to her genitals. With tender strokes, rub your palms and fingers over her pubic hair or her nude pubic area if she shaves or waxes her pubic hair. Using both hands, spread her labia and take each vaginal lip in between your thumb and fingers and knead them gently. Place the tips of your index and middle fingers above her clitoris and separate them as you slide them down to her vagina. Repeat this move several times to heat up her desire. Then press the palm of your hand against her clitoris and rub it in slow, delicious circles, first in one direction then the other. For some women, this will be enough to achieve indescribable pleasure, but others will need more direct stimulation. In this case, be sure your hands are well-lubricated and place your thumb and forefinger on her clitoris and gently rotate your fingers until she writhes in ecstasy. Then lean over her and enter her in the missionary position.

The missionary position may sound like it's boring and traditional, but it gives men more control to use some of the sensual Swedish massage techniques such as effleurage (stroking), petrissage (kneading), tapotement (striking), and friction (rubbing) during lovemaking. Men, you can recreate many of these Swedish massage strokes using your penis. Just as you would use long, smooth effleurage strokes to massage a person's back, use deep, slow strokes to massage the length of her vagina then change to quicker strokes to vary the sensations as you make love. Alternate penetrating tapotement thrusts with circular motions that will knead her into putty in your hands. Then add vigorous friction by rubbing your pelvis against hers to drive her wild. By using these Swedish massage

techniques during intercourse, you'll create unbelievable sensations that will cause intense vibration throughout your genitals and bring you both to an earth-shattering climax.

Their Massage Story

Candace told me that she just couldn't find anything that would get her in the mood for intercourse. "It's not that Ken isn't trying," she said, "it's just that I'm not responding." I suggested that Ken give her a 10- to 15-minute massage. But here's the catch—I told him to do this massage without any expectations of sex. I also informed them that massage will open up your body. When you receive a massage, stress and tension that causes your body to contract and constrict your arousal can begin to melt away. It's relaxing, it's energizing and it's one of the simplest ways to get in the mood for sex.

The next night when they were both lying on their sides with Candace's back to Ken, he began to massage her back with no goal in mind. He just wanted to see if Candace responded. Ken brushed his hands over her skin and then applied pressure to her tension spots. He let his hands sweep over her hips and massaged her thighs. He then moved his hands around to her torso and breasts and began to massage them gently.

The sensual massage made Candace feel very relaxed and to her surprise, turned on. She began to move her body towards Ken, rubbing her hips against his pelvis. From there, one move flowed naturally into the next. Becoming sufficiently wet, Candace grabbed on to Ken's buttocks and then began to massage his erect penis into her from behind. Even though Ken hadn't done the massage with sex in mind, it made Candace feel more receptive to intercourse. They both felt it was the most organic and fulfilling sexual

experience they'd had in a long time.

Having the Best Sex in the World

Now that you have completed your initiation into the ancient and modern sexual arts from around the globe, you are equipped with the know-how to have the best sex in the world. I hope your sexual journey through *1,000 Years of Sexual Wisdom* has nurtured a sense of erotic adventure and playfulness as well as a willingness to open yourself to new intimate experiences and to a more passionate connection with your lover and the world around you. By tapping into your newfound sexual wisdom, you can take your lovemaking to new heights you never considered possible.

To keep the vibrancy of these new and exciting sex ideas and practices growing and expanding in your love life, you can refer back to the pages in this book over and over again. Flip open the book to any page for a thrilling look at how you can turn any sexual encounter into a more satisfying experience. I'm certain that *1,000 Years of Sexual Wisdom* will provide you with years of sexual inspiration to come.

Acknowledgments

Thank you to all the important people who made *1000 Years of Sexual Wisdom* possible.

I first want to thank my editor Frances Sharpe whose incredible skill and enthusiasm for this project truly brought this book to life.

I want to thank all of my mentors and teachers who have guided and inspired my studies and research of these ancient intimate arts. I am forever grateful.

I want to give a special thanks to Harley Swiftdeer, elder of the Deer Tribe, who granted a rare and inspiring interview for the Americas chapter.

I want to express my gratitude to all the ancient people of the world who enjoyed and celebrated meaningful sex with wonderful rituals for giving us the opportunity to bring these exciting practices into our own sex lives.

I especially want to thank all of my family and friends for their love and abundant support. Because of you, my work is possible.

And lastly, I want to express my most heartfelt thanks to my husband Timothy for being the best lover in the world. I love you.

ABOUT THE AUTHOR

Karinna Kittles-Karsten is an internationally recognized relationship expert and the founder of Sacred Love Inc. (www.sacredlove.com) in Los Angeles, California. She is the author of the best-selling book, *Intimate Wisdom, The Sacred Art of Love*, the producer of the beautiful breakthrough DVD, *Sacred Love-Making*, and writes the weekly column, “Ask Karinna”. Karinna’s unique approach to love, sex and intimacy, which is based on 20 years of studying ancient and contemporary intimate wisdom, has helped millions of people across the world enhance their romantic relationships. Karinna has appeared on numerous television shows, including UK’s *Million Dollar Romance* and NBC’s Emmy Award-winning *Starting Over*. She has also been featured in national magazines including *Spirituality and Health*, *Women’s Health*, *Self* and *Cosmopolitan*, on major websites including CNN.com and Entrepreneur.com, as well as on popular radio stations and blogs.